

HEALTHY MUSCLE MASS

BUILDING NUTRITION PROGRAM
INSPIRED BY

VINCE DELMONTE FITNESS.COM

AND

empowered
NUTRITION

4000cal

No Nonsense Muscle Building Meal Plan

Dear Muscle-Building Friend

Congratulations on the start of a new beginning through nutrition with your No Nonsense Muscle Building Nutrition Program. Your program is designed to permanently change the way you think about food while guiding you towards a leaner and more muscular physique. You will improve visually be gaining increased muscle mass, less body fat and increased performance in every aspect of your life. Not to mention improved health and overall fitness.

Remember that these are general, not personally customized, meal plans based on a generic schedule. Make sure you are following the correct meal plan by using the [Meal Calculator](http://www.vincedelmontefitness.com/vince_calc.html) found at: http://www.vincedelmontefitness.com/vince_calc.html

You will have four options to choose from:

1. Maintenance
2. Cutting (Fat Loss)
3. Progressive Weight Gain
4. Advanced Weight Gain

The first two goals should be self-explanatory. Progressive Weight Gain is ideal for those who find they gain fat around their lower abdomen easily when they attempt to bulk up. This formula is also ideal for those who wish to keep their body fat low throughout the year.

The Advanced Weight Gain is for the extreme ecto-morph who can eat whatever he wants and never get fat. This formula is also good for those who don't care about fat gains and simply want pure size.

The maintenance, progressive weight gain and advanced weight gain plans are all based on 35% Protein, 45% Carbohydrates and 25% fat.

The cutting meal plan is based on 40% Protein, 30% Carbohydrates and 30% fat.

You will also notice that the meal plans factor in a Pre-Workout drink and a Post-Workout drink to the total daily calories. It is advised to add a During-Workout drink as well if you need another easy source of calories, but note that the calories from this shake are NOT included in the meal plans attached.

Here are a few standard requirements for each meal plan:

1. Your first meal should occur within 15-45 minutes of waking up time.
2. All meals should be spaced out 3-4 hours apart. It does not matter if your last meal is at the wee hours in the morning.
3. Make sure you are taking a high quality multi-vitamin twice a day as well as your fish oils, creatine and any other supplement you are on each day. I have suggested some optional supplements you can use at different times of the day.

Included with your Muscle Building Success Kit is membership to the private forum found at www.fitnessgenerator.com/getbuffed, an exclusive area for individuals who have started or complete their journey. I would also like to hear about your success so don't forget to take your Before pictures and send me your After pictures upon completion with a little testimonial!

I will feature you on this section of my website: <http://www.vincedelmontefitness.com/success.html>

If you have any problems, contact us at vincedelmonte@hotmail.com

I look forward to hearing from you.

Your friend and coach,

Vince DelMonte

Author: No Nonsense Muscle Building: Skinny Guy Secrets To Insane Muscle Gain

Day: 1	Schedule: 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistance at 9:30 am</i>	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
6:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 2 1/2 cups Cereal, cold 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 13 1/2 oz Chicken breast, deli style 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1 cup Lettuce, romaine 1 Orange 3 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 7 oz Chicken breast, skinless 1 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Preparation Suggestions: Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Day: 2	Schedule: 7:00 am Breakfast 9:00 am Snack	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<i>REST</i>			
7:00 am Breakfast 2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 6 Egg whites 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Preparation Suggestions: Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
11:00 am Mid Meal 13 1/2 oz Chicken breast, deli style 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 8 oz Whitefish 3 oz Hard cheeses, light/low fat 1 1/2 cups Baked beans 5 Macadamia nuts 1 cup Potato	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 49g P 63g C 15g F Calories: 583	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Day: 3	Schedule: 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistance at 9:30 am</i>	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
6:00 am Breakfast 2 cups Milk, low fat (1%) 8 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1 cup Onions 3 1/2 cups Spinach 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 6 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Salsa 1 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875			

Day: 4	Schedule: 7:00 am Breakfast 9:00 am Snack	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<i>REST</i>			
7:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 2 oz Pretzels 1/3 tsp Olive, Flax, Hemp or Salmon Oils 5 oz Cheddar cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
2:00 pm Snack Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 9 oz Chicken breast, skinless 1 cup Carrots 1 1/2 cups Corn, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Day: 5

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

Meal/Time	Item Portions	Calories	Preparation Suggestions:
6:00 am Breakfast 35 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	63g P 81g C 15g F 711	711	Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	56g P 72g C 15g F 647	647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	56g P 72g C 0g F 512	512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	63g P 81g C 15g F 711	711	Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	63g P 81g C 15g F 711	711	Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	49g P 63g C 15g F 583	583	Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!

Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875

**** Remember to drink between 3-4 litres of water per day. ****

Notes:

Day: 6	Schedule: 8:00 am Breakfast 10:00 am Snack <i>Workout: Weight Resistance at 10:00 am</i>	11:00 am Snack 2:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
8:00 am Breakfast 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsps Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Day: 7	Schedule: 9:00 am Breakfast 11:00 am Snack	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
<i>REST</i>			
9:00 am Breakfast 3 oz Cheese, low or non fat 35 grams Protein powder 1 cup Milk, low fat (1%) 1 Orange 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
11:00 am Snack 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
1:00 pm Mid Meal 7 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 1 Tomato 1 cup Onions 1 cup Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 2 whole Pita 2 oz Mozzarella cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
4:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsps Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsps Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
7:00 pm Dinner 9 oz Turkey breast, skinless 1 3/4 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsps Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Day: 8	Schedule: 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistance at 9:30 am</i>	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
6:00 am Breakfast 2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Day: 9	Schedule: 7:00 am Breakfast 9:00 am Snack	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<i>REST</i>			
7:00 am Breakfast 1 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
11:00 am Mid Meal 5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Rice 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Day: 10		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
8 Egg whites		63g P	Mondo Greens Omlete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat.		
4 Eggs, whole		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Milk, low fat (1%)		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 1/2 cups Beans, green or yellow		Calories: 711	1 gram Vit C, 400 i.u. Vit E.		
1/2 cup Kidney beans					
1/4 cup Onions					
2 cups Spinach, cooked					
2 slice Whole grain bread					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 am Snack		Item Portions	Item Portions		
42 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Milk, low fat (1%)		72g C			
1 cup Strawberries		15g F			
1 2/3 cups Oatmeal		Calories: 647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		0g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
		Calories: 512			
1:00 pm Mid Meal		Item Portions	Item Portions		
56 grams Protein powder		63g P	Salad & Protein Drink		
1 cup Fruit cocktail		81g C	Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.		
2 Tomatoes		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Mushrooms		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Lettuce, romaine					
2 cups Cucumber					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 1/2 whole Pita					
1/2 cup Yogurt, plain, low fat					
5:00 pm Dinner		Item Portions	Item Portions		
7 oz Chicken breast, skinless		63g P	Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!		
2 cups Milk, low fat (1%)		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Cabbage		15g F	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 cup Onions		Calories: 711			
1 Pepper (bell or cubanelle)					
1/2 cup Jalapeno peppers					
1 1/3 cups Rice					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
5 oz Cheddar cheese, light/low fat		49g P	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.		
5 Pickles		63g C			
15 Walnuts		15g F			
2 cups Milk, low fat (1%)		Calories: 583			
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 11		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
42 grams Protein powder		63g P	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!		
2 cups Milk, low fat (1%)		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1/2 cup Yogurt, plain, low fat		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
2 cups Strawberries		Calories: 711			
2 tbsp Barley					
6 Almonds, whole					
1 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 am Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		56g P	Black Bean Salsa and Milk		
2 cups Milk, low fat (1%)		72g C	Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.		
1/2 cup Beans, black		15g F			
1/2 cup Beans, mixed, various		Calories: 647			
1/2 cup Onions					
2 Tomatoes					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Mid Meal		Item Portions	Item Portions		
8 oz Chicken breast, skinless		63g P	Triple Decker Chicken Salad Sandwich		
1 cup Grapes		81g C	Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.		
3 slice Whole grain bread		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B		
4 tsp Mayonnaise					
1 cup Milk, low fat (1%)					
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
28 grams Protein powder		56g P	Protein Shake		
2 cups Yogurt, plain, low fat		72g C	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
1/2 tbsp Barley		15g F			
1 Banana		Calories: 647			
5 tsp Peanut butter, natural					
5:00 pm Dinner		Item Portions	Item Portions		
5 oz Chicken breast, skinless		63g P	Chicken Soft Tacos		
3 oz Cheese, low or non fat		81g C	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.		
1 cup Lettuce, romaine		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Salsa		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 cup Grapes					
2 whole Pita					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 cup Milk, low fat (1%)					
8:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	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.		
1 cup Strawberries		15g F			
1 1/3 cups Oatmeal		Calories: 583			
5 tbsp Almonds, slivered					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 12		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Fruit juice		Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A simple, wholesome breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
9:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice		Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
1:00 pm Mid Meal 8 oz Chicken breast, skinless 1/2 cup Tomato, puree 3 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives 1 1/2 whole Pita 1 cup Milk, low fat (1%)		Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Stew Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
5:00 pm Dinner 8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomato, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)		Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Tasty Turkey Pasta Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels		Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 13	Schedule: 8:00 am Breakfast 10:00 am Snack <i>Workout: Weight Resistance at 10:00 am</i>	11:00 am Snack 2:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
8:00 am Breakfast 4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsps Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Day: 14		Schedule:		1:00 pm Mid Meal	9:00 pm Snack
		9:00 am Breakfast	4:00 pm Snack		
		11:00 am Snack	7:00 pm Dinner		
<i>REST</i>					
9:00 am Breakfast		Item Portions	Preparation Suggestions:		
3 oz Cheese, low or non fat		63g P	Simple and healthful, this breakfast will give you a		
28 grams Protein powder		81g C	needed energy boost! ***OPTIONAL/OPTIMAL		
2 cups Milk, low fat (1%)		15g F	SUPPLEMENTS*** Digestive Enzymes, Omega 3		
1/2 cup Blueberries		Calories:	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
3 slice Whole grain bread		711			
30 Peanuts					
11:00 am Snack		Item Portions	Item Portions		
2 cups Yogurt, plain, low fat		56g P	Grate the cheese and mix with the rest of the		
4 oz Cheese, low or non fat		72g C	ingredients for a quick snack that's easy to pop into a		
1 1/3 cups Applesauce		15g F	container and take along to work or elsewhere.		
15 Almonds, whole		Calories:			
		647			
1:00 pm Mid Meal		Item Portions	Item Portions		
6 oz Chicken breast, skinless		63g P	Chicken and Greek Salad		
1 cup Lettuce, romaine		81g C	Grill or broil chicken season as desired. Toss salad in		
1 cup Grapes		15g F	with oil and vinegar and if desired add 1 clove of		
2 Tomatoes		Calories:	minced garlic. Cube chicken breast and add to salad.		
1 cup Onions		711	Top with low fat or feta cheese.		
2 cups Mushrooms			***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2/3 tsp Olive, Flax, Hemp or Salmon Oils			Digestive Enzymes, Omega 3 caps, Vitamin B		
3 tsp Mayonnaise					
1 whole Pita					
2 oz Mozzarella cheese, light/low fat					
1 cup Milk, low fat (1%)					
4:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		56g P	Protein Shake with Fruit		
42 grams Protein powder		72g C	Put all ingredients in a blender over ice and blend,		
2 cups Raspberries		15g F	adding water to create desired consistency. If a		
2 cups Strawberries		Calories:	blender is not available, set aside the fruit and shake		
1 tbsp Barley		647	up the remaining ingredients in a closed container to		
2/3 tsp Olive, Flax, Hemp or Salmon Oils			mix it all together, then eat the fruit on the side.		
3 tbsp Almonds, slivered			Enjoy!		
7:00 pm Dinner		Item Portions	Item Portions		
8 oz Turkey breast, skinless		63g P	Turkey and Salad		
1 1/2 cups Chickpeas		81g C	Grilled or roast turkey is great with this meal. Throw		
1/2 cup Mushrooms		15g F	all the vegetables into a large bowl and sprinkle		
1/4 cup Onions		Calories:	slivered almonds on top. Enjoy!		
1/2 head Lettuce, iceberg		711	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 1/2 cups Cherry tomatoes			Digestive Enzymes, Omega 3 caps, Vitamin B, Multi		
5 tbsp Almonds, slivered			Vit/Mineral		
1 cup Milk, low fat (1%)					
9:00 pm Snack		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		49g P	Protein Shake		
35 grams Protein powder		63g C	Put all ingredients in a blender over ice and blend,		
1 cup Peaches, canned		15g F	adding water to create desired consistency. If a		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:	blender is not available, set aside the fruit and shake		
1 cup Oatmeal		583	up the remaining ingredients in a closed container to		
			mix it all together, then eat the fruit on the side.		
			Enjoy!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					

Day: 15

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

<p>6:00 am Breakfast 2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 56g P 72g C 0g F Calories: 512</p>	<p>Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>1:00 pm Mid Meal 8 oz Chicken breast, skinless 1/2 cup Tomato, puree 3 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives 1 1/2 whole Pita 1 cup Milk, low fat (1%)</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Chicken Stew Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>5:00 pm Dinner 8 oz Whitefish 3 oz Hard cheeses, light/low fat 1 1/2 cups Baked beans 5 Macadamia nuts 1 cup Potato</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>

Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875

** Remember to drink between 3-4 litres of water per day. **

Notes:

Day: 16		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
3 oz Cheese, low or non fat		63g P	Simple and healthful, this breakfast will give you a		
35 grams Protein powder		81g C	needed energy boost! ***OPTIONAL/OPTIMAL		
1 cup Milk, low fat (1%)		15g F	SUPPLEMENTS*** Digestive Enzymes, Omega 3		
1 Orange		Calories:	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
3 slice Whole grain bread		711			
30 Peanuts					
9:00 am Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		56g P	Black Bean Salsa and Milk		
2 cups Milk, low fat (1%)		72g C	Mix black beans, diced tomato, chopped onion, olive		
1/2 cup Beans, black		15g F	oil, lime juice, and cilantro in a bowl. Seed jalapeno		
1/2 cup Beans, mixed, various		Calories:	peppers and chop finely and add to mixture.		
1/2 cup Onions		647			
2 Tomatoes					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Mid Meal		Item Portions	Item Portions		
13 1/2 oz Chicken breast, deli style		63g P	Deli Chicken and Vegetables		
1 cup Onions		81g C	Roughly chop the vegetables and mix with olive oil, a		
2 cups Zucchini		15g F	dash of balsamic vinegar and salt, pepper and		
2 Peppers (bell or cubanelle)		Calories:	thyme. Saute or grill vegetables until done, then		
2 Tomatoes		711	slice chicken and enjoy on top.		
2 slice Whole grain bread			***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils			Digestive Enzymes, Omega 3 caps, Vitamin B		
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 1/2 cups Yogurt, plain, low fat		56g P	Protein Shake		
21 grams Protein powder		72g C	Put all ingredients in blender over ice and blend.		
1 Banana		15g F	Add water to create desired consistency. Enjoy!		
5 tsp Peanut butter, natural		Calories:			
		647			
5:00 pm Dinner		Item Portions	Item Portions		
9 oz Chicken breast, skinless		63g P	Chicken with Vegetables		
1 cup Carrots		81g C	Grill or bake the chicken (if baking, do so at 350		
1 1/2 cups Corn, canned		15g F	degrees for about 20 minutes, or until there's no pink		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:	left inside the chicken breast). To boost the flavour,		
1/2 cup Pasta		711	add a dash of low-fat, low-sugar barbecue sauce, or		
			coat with some crushed fresh herbs, salt and pepper.		
			Steam the vegetables and enjoy on the side.		
			OPTIONAL/OPTIMAL SUPPLEMENTS		
			Digestive Enzymes, Omega 3 caps, Vitamin B, Multi		
			Vit/Mineral		
8:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	Blend all ingredients, except nuts together and add		
1 cup Strawberries		15g F	ice cubes until desired consistency is reached.		
1 1/3 cups Oatmeal		Calories:	Blender not available? Mix protein powder with cold		
5 tbsp Almonds, slivered		583	water and have remaining ingredients on the side.		
			Eat nuts separately.		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 17		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
<i>Workout: Weight Resistance at 9:30 am</i>					
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Yogurt, plain, low fat		63g P	A tasty, easy-to-prepare breakfast. Enjoy!		
10 Egg whites		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Grapes		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:	1 gram Vit C, 400 i.u. Vit E.		
1 cup Oatmeal		711			
9:00 am Snack		Item Portions	Item Portions		
42 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth		
2 cups Milk, low fat (1%)		72g C	Carbs		
1 cup Blueberries		15g F			
1 1/3 cups Oatmeal		Calories:	Put all ingredients in a blender over ice and blend to		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		647	desired consistency. Enjoy!		
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We		
		0g F	recommend using a high glycemic juice like grape		
		Calories:	juice for max recuperation. Enjoy!		
		512	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram		
			Vit C, Creatine & BCAA's		
1:00 pm Mid Meal		Item Portions	Item Portions		
13 1/2 oz Chicken breast, deli style		63g P	Deli Chicken with a Tossed Salad.		
1 cup Mushrooms		81g C	You can easily make a tasty salad dressing with oil,		
1 Pepper (bell or cubanelle)		15g F	vinegar, and seasonings of your choice. Enjoy the		
1 cup Lettuce, romaine		Calories:	fruit for dessert. ***OPTIONAL/OPTIMAL		
1 Orange		711	SUPPLEMENTS*** Digestive Enzymes, Omega 3		
3 slice Whole grain bread			caps, Vitamin B		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
5:00 pm Dinner		Item Portions	Item Portions		
9 oz Chicken breast, skinless		63g P	Chicken with Vegetables		
1 cup Carrots		81g C	Grill or bake the chicken (if baking, do so at 350		
1 1/2 cups Corn, canned		15g F	degrees for about 20 minutes, or until there's no pink		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:	left inside the chicken breast). To boost the flavour,		
1/2 cup Pasta		711	add a dash of low-fat, low-sugar barbecue sauce, or		
			coat with some crushed fresh herbs, salt and pepper.		
			Steam the vegetables and enjoy on the side.		
			OPTIONAL/OPTIMAL SUPPLEMENTS		
			Digestive Enzymes, Omega 3 caps, Vitamin B, Multi		
			Vit/Mineral		
8:00 pm Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		49g P	Cheese, Orange and Peanuts.		
18 Peanuts		63g C	A quick snack to keep you going!		
1 Banana		15g F			
2 tsp Peanut butter, natural		Calories:			
21 grams Protein powder		583			
2 tbsp Barley					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 18	Schedule: 7:00 am Breakfast 9:00 am Snack	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<i>REST</i>			
7:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
11:00 am Mid Meal 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
5:00 pm Dinner 7 oz Chicken breast, skinless 1 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Day: 19

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

Meal/Time	Item Portions	Calories	Preparation Suggestions:
6:00 am Breakfast 1 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 2 slice Whole grain bread	63g P 81g C 15g F 711	711	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	56g P 72g C 15g F 647	647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	56g P 72g C 0g F 512	512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	63g P 81g C 15g F 711	711	Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 8 oz Whitefish 3 oz Hard cheeses, light/low fat 1 1/2 cups Baked beans 5 Macadamia nuts 1 cup Potato	63g P 81g C 15g F 711	711	Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsps Barley	49g P 63g C 15g F 583	583	Cheese, Orange and Peanuts. A quick snack to keep you going!

Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875

** Remember to drink between 3-4 litres of water per day. **

Notes:

Day: 20		Schedule:		11:00 am Snack	8:00 pm Snack
		8:00 am Breakfast	2:00 pm Mid Meal		
		10:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast	8 Egg whites 4 Eggs, whole 1 cup Milk, low fat (1%) 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Mondo Greens Omlete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
10:00 am Snack	42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
11:00 am Snack	56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
2:00 pm Mid Meal	2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
5:00 pm Dinner	8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack	5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 21		Schedule:		1:00 pm Mid Meal	9:00 pm Snack
		9:00 am Breakfast	4:00 pm Snack		
		11:00 am Snack	7:00 pm Dinner		
<i>REST</i>					
9:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
4 oz Mozzarella cheese, light/low fat		81g C			
1 cup Fruit cocktail		15g F			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:			
6 Egg whites		711			
2 slice Whole grain bread					
11:00 am Snack		Item Portions	Item Portions		
1 cup Cottage cheese, light/low fat		56g P	Cottage Cheese, Grapes & Sunflower Seeds		
28 grams Protein powder		72g C	Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!		
1 cup Grapes		15g F			
3 tbsp Barley		Calories:			
1 oz Sunflower seeds		647			
1:00 pm Mid Meal		Item Portions	Item Portions		
6 oz Chicken breast, skinless		63g P	Chicken and Greek Salad		
1 cup Lettuce, romaine		81g C	Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.		
1 cup Grapes		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 Tomatoes		Calories:	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Onions		711			
2 cups Mushrooms					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tsp Mayonnaise					
1 whole Pita					
2 oz Mozzarella cheese, light/low fat					
1 cup Milk, low fat (1%)					
4:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		56g P	Protein Shake with Fruit		
42 grams Protein powder		72g C	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!		
2 cups Raspberries		15g F			
2 cups Strawberries		Calories:			
1 tbsp Barley		647			
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tbsp Almonds, slivered					
7:00 pm Dinner		Item Portions	Item Portions		
8 oz Whitefish		63g P	Macadamia Baked Whitefish		
3 oz Hard cheeses, light/low fat		81g C	Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 1/2 cups Baked beans		15g F			
5 Macadamia nuts		Calories:			
1 cup Potato		711			
9:00 pm Snack		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		49g P	Protein Shake		
35 grams Protein powder		63g C	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!		
1 cup Peaches, canned		15g F			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:			
1 cup Oatmeal		583			
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 22

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

<p>6:00 am Breakfast</p> <p>1 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 2 slice Whole grain bread</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack</p> <p>49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>11:00 am Snack</p> <p>56 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 56g P 72g C 0g F Calories: 512</p>	<p>Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>1:00 pm Mid Meal</p> <p>9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>5:00 pm Dinner</p> <p>10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack</p> <p>5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **</p>		

Notes:

Day: 23		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
42 grams Protein powder		63g P	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!		
2 cups Milk, low fat (1%)		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1/2 cup Yogurt, plain, low fat		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
2 cups Strawberries		Calories: 711			
2 tbsp Barley					
6 Almonds, whole					
1 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 am Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		56g P	Black Bean Salsa and Milk		
2 cups Milk, low fat (1%)		72g C	Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.		
1/2 cup Beans, black		15g F			
1/2 cup Beans, mixed, various		Calories: 647			
1/2 cup Onions					
2 Tomatoes					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Mid Meal		Item Portions	Item Portions		
13 1/2 oz Chicken breast, deli style		63g P	Deli Chicken and Vegetables		
1 cup Onions		81g C	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.		
2 cups Zucchini		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 Peppers (bell or cubanelle)		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B		
2 Tomatoes					
2 slice Whole grain bread					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
28 grams Protein powder		56g P	Protein Shake		
2 cups Yogurt, plain, low fat		72g C	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
1/2 tsp Barley		15g F			
1 Banana		Calories: 647			
5 tsp Peanut butter, natural					
5:00 pm Dinner		Item Portions	Item Portions		
8 oz Whitefish		63g P	Macadamia Baked Whitefish		
3 oz Hard cheeses, light/low fat		81g C	Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 1/2 cups Baked beans		15g F			
5 Macadamia nuts		Calories: 711			
1 cup Potato					
8:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	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.		
1 cup Strawberries		15g F			
1 1/3 cups Oatmeal		Calories: 583			
5 tbsp Almonds, slivered					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 24

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

<p>6:00 am Breakfast</p> <p>1 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 2 slice Whole grain bread</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>11:00 am Snack</p> <p>56 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 56g P 72g C 0g F Calories: 512</p>	<p>Item Portions</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>1:00 pm Mid Meal</p> <p>2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions</p> <p>Roast Beef Sandwich</p> <p>Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>5:00 pm Dinner</p> <p>6 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Salsa 1 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions</p> <p>Steak Wrap</p> <p>Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack</p> <p>5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>

Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875

**** Remember to drink between 3-4 litres of water per day. ****

Notes:

Day: 25		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
4 oz Cheese, low or non fat		63g P	Your favorite cereal mixed with fruit. Enjoy the		
14 grams Protein powder		81g C	cheese on the side. ***OPTIONAL/OPTIMAL		
3 cups Milk, low fat (1%)		15g F	SUPPLEMENTS*** Digestive Enzymes, Omega 3		
2 cups Cereal, cold		Calories:	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
2 cups Strawberries		711			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 am Snack		Item Portions	Item Portions		
2 cups Yogurt, plain, low fat		56g P	Grate the cheese and mix with the rest of the		
4 oz Cheese, low or non fat		72g C	ingredients for a quick snack that's easy to pop into a		
1 1/3 cups Applesauce		15g F	container and take along to work or elsewhere.		
15 Almonds, whole		Calories:			
		647			
11:00 am Mid Meal		Item Portions	Item Portions		
8 oz Chicken breast, skinless		63g P	Triple Decker Chicken Salad Sandwich		
1 cup Grapes		81g C	Make a basic chicken salad adding a little celery and		
3 slice Whole grain bread		15g F	onion if desired, and salt and pepper to taste.		
1/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
4 tsp Mayonnaise		711	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Milk, low fat (1%)					
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		56g P	Protein Shake with Fruit		
42 grams Protein powder		72g C	Put all ingredients in a blender over ice and blend,		
2 cups Raspberries		15g F	adding water to create desired consistency. If a		
2 cups Strawberries		Calories:	blender is not available, set aside the fruit and shake		
1 tbsp Barley		647	up the remaining ingredients in a closed container to		
2/3 tsp Olive, Flax, Hemp or Salmon Oils			mix it all together, then eat the fruit on the side.		
3 tbsp Almonds, slivered			Enjoy!		
5:00 pm Dinner		Item Portions	Item Portions		
8 oz Turkey breast, skinless		63g P	Turkey and Salad		
1 1/2 cups Chickpeas		81g C	Grilled or roast turkey is great with this meal. Throw		
1/2 cup Mushrooms		15g F	all the vegetables into a large bowl and sprinkle		
1/4 cup Onions		Calories:	slivered almonds on top. Enjoy!		
1/2 head Lettuce, iceberg		711	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 1/2 cups Cherry tomatoes			Digestive Enzymes, Omega 3 caps, Vitamin B, Multi		
5 tbsp Almonds, slivered			Vit/Mineral		
1 cup Milk, low fat (1%)					
8:00 pm Snack		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		49g P	Protein Shake		
35 grams Protein powder		63g C	Put all ingredients in a blender over ice and blend,		
1 cup Peaches, canned		15g F	adding water to create desired consistency. If a		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:	blender is not available, set aside the fruit and shake		
1 cup Oatmeal		583	up the remaining ingredients in a closed container to		
			mix it all together, then eat the fruit on the side.		
			Enjoy!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Day: 26		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.		
49 grams Protein powder		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 1/2 cups Cereal, cold		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 cup Grapes		Calories: 711	1 gram Vit C, 400 i.u. Vit E.		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 am Snack		Item Portions	Item Portions		
42 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Milk, low fat (1%)		72g C			
1 cup Strawberries		15g F	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 2/3 cups Oatmeal		Calories: 647			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		0g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
		Calories: 512			
1:00 pm Mid Meal		Item Portions	Item Portions		
13 1/2 oz Chicken breast, deli style		63g P	Deli Chicken with a Tossed Salad.		
1 cup Mushrooms		81g C	You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
1 Pepper (bell or cubanelle)		15g F			
1 cup Lettuce, romaine		Calories: 711			
1 Orange					
3 slice Whole grain bread					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
5:00 pm Dinner		Item Portions	Item Portions		
8 oz Turkey breast, skinless		63g P	Turkey and Salad		
1 1/2 cups Chickpeas		81g C	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!		
1/2 cup Mushrooms		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1/4 cup Onions		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1/2 head Lettuce, iceberg					
1 1/2 cups Cherry tomatoes					
5 tbsp Almonds, slivered					
1 cup Milk, low fat (1%)					
8:00 pm Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		49g P	Cheddar-Apple Galette		
1 1/2 cups Yogurt, plain, low fat		63g C	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!		
2 Apples		15g F			
15 Walnuts		Calories: 583			
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Day: 27		Schedule:		11:00 am Snack	8:00 pm Snack
		8:00 am Breakfast	2:00 pm Mid Meal		
		10:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
4 oz Mozzarella cheese, light/low fat		81g C			
1 cup Fruit cocktail		15g F			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:			
6 Egg whites		711			
2 slice Whole grain bread					
10:00 am Snack		Item Portions	Item Portions		
42 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Milk, low fat (1%)		72g C			
1 cup Blueberries		15g F			
1 1/3 cups Oatmeal		Calories:	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		647			
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		0g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
		Calories:			
		512			
2:00 pm Mid Meal		Item Portions	Item Portions		
8 oz Chicken breast, skinless		63g P	Chicken Stew		
1/2 cup Tomato, puree		81g C	Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives.		
3 cups Beans, green or yellow		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Carrots		Calories:			
1 1/2 cups Turnip		711			
15 Olives					
1 1/2 whole Pita					
1 cup Milk, low fat (1%)					
5:00 pm Dinner		Item Portions	Item Portions		
10 1/2 oz Haddock		63g P	Pan-Fried Haddock		
2 cups Milk, low fat (1%)		81g C	Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
12 spears Asparagus		15g F			
1 1/2 cups Beans, green or yellow		Calories:			
2/3 cup Applesauce		711			
1 cup Rice					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
5 oz Cheese, low or non fat		49g P	Cheese, Berries, Pretzels and Peanuts with Milk		
1 cup Raspberries		63g C	Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!		
1 cup Strawberries		15g F			
30 Peanuts		Calories:			
2 cups Milk, low fat (1%)		583			
1 1/2 oz Pretzels					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 28		Schedule:		1:00 pm Mid Meal	9:00 pm Snack
		9:00 am Breakfast	4:00 pm Snack		
		11:00 am Snack	7:00 pm Dinner		
<i>REST</i>					
9:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.		
49 grams Protein powder		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 1/2 cups Cereal, cold		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 cup Grapes		Calories: 711	1 gram Vit C, 400 i.u. Vit E.		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		56g P	Black Bean Salsa and Milk		
2 cups Milk, low fat (1%)		72g C	Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.		
1/2 cup Beans, black		15g F			
1/2 cup Beans, mixed, various		Calories: 647			
1/2 cup Onions					
2 Tomatoes					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1:00 pm Mid Meal		Item Portions	Item Portions		
6 oz Chicken breast, skinless		63g P	Chicken and Greek Salad		
1 cup Lettuce, romaine		81g C	Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.		
1 cup Grapes		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 Tomatoes		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Onions					
2 cups Mushrooms					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tsp Mayonnaise					
1 whole Pita					
2 oz Mozzarella cheese, light/low fat					
1 cup Milk, low fat (1%)					
4:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
28 grams Protein powder		56g P	Protein Shake		
2 cups Yogurt, plain, low fat		72g C	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
1/2 tbsp Barley		15g F			
1 Banana		Calories: 647			
5 tsp Peanut butter, natural					
7:00 pm Dinner		Item Portions	Item Portions		
5 oz Chicken breast, skinless		63g P	Chicken Soft Tacos		
3 oz Cheese, low or non fat		81g C	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.		
1 cup Lettuce, romaine		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Salsa		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 cup Grapes					
2 whole Pita					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 cup Milk, low fat (1%)					
9:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	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!		
2 cups Raspberries		15g F			
1 1/2 tbsp Barley		Calories: 583			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					

Day: 29		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
8 Egg whites		63g P	Mondo Greens Omlete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat.		
4 Eggs, whole		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Milk, low fat (1%)		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 1/2 cups Beans, green or yellow		Calories: 711	1 gram Vit C, 400 i.u. Vit E.		
1/2 cup Kidney beans					
1/4 cup Onions					
2 cups Spinach, cooked					
2 slice Whole grain bread					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 am Snack		Item Portions	Item Portions		
42 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Milk, low fat (1%)		72g C			
1 cup Blueberries		15g F			
1 1/3 cups Oatmeal		Calories: 647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		0g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
		Calories: 512			
1:00 pm Mid Meal		Item Portions	Item Portions		
8 oz Chicken breast, skinless		63g P	Chicken Stew		
1/2 cup Tomato, puree		81g C	Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives.		
3 cups Beans, green or yellow		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Carrots		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 1/2 cups Turnip					
15 Olives					
1 1/2 whole Pita					
1 cup Milk, low fat (1%)					
5:00 pm Dinner		Item Portions	Item Portions		
9 oz Turkey breast, skinless		63g P	Turkey and Salad		
1 3/4 cups Chickpeas		81g C	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!		
1/2 cup Mushrooms		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1/4 cup Onions		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1/2 head Lettuce, iceberg					
1 1/2 cups Cherry tomatoes					
5 tbsp Almonds, slivered					
8:00 pm Snack		Item Portions	Item Portions		
5 oz Cheddar cheese, light/low fat		49g P	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.		
5 Pickles		63g C			
15 Walnuts		15g F			
2 cups Milk, low fat (1%)		Calories: 583			
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 30		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
3 oz Cheese, low or non fat		63g P	Simple and healthful, this breakfast will give you a		
35 grams Protein powder		81g C	needed energy boost! ***OPTIONAL/OPTIMAL		
1 cup Milk, low fat (1%)		15g F	SUPPLEMENTS*** Digestive Enzymes, Omega 3		
1 Orange		Calories:	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
3 slice Whole grain bread		711			
30 Peanuts					
9:00 am Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		56g P	Black Bean Salsa and Milk		
2 cups Milk, low fat (1%)		72g C	Mix black beans, diced tomato, chopped onion, olive		
1/2 cup Beans, black		15g F	oil, lime juice, and cilantro in a bowl. Seed jalapeno		
1/2 cup Beans, mixed, various		Calories:	peppers and chop finely and add to mixture.		
1/2 cup Onions		647			
2 Tomatoes					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Mid Meal		Item Portions	Item Portions		
2 2/3 cups Beef and vegetable soup		63g P	Soup with crumbled crackers and cheese on top.		
4 Crackers		81g C	Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 oz Pretzels		15g F	Digestive Enzymes, Omega 3 caps, Vitamin B		
1/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:			
5 oz Cheddar cheese, light/low fat		711			
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
28 grams Protein powder		56g P	Protein Shake		
2 cups Yogurt, plain, low fat		72g C	Put all ingredients in blender over ice and blend.		
1/2 tbsp Barley		15g F	Add water to create desired consistency. Enjoy!		
1 Banana		Calories:			
5 tsp Peanut butter, natural		647			
5:00 pm Dinner		Item Portions	Item Portions		
8 oz Beef, lean cuts		63g P	Steaks with Vegetables		
1/2 cup Tomato, puree		81g C	You can season your vegetables with a little salt,		
2 cups Celery		15g F	pepper, and basil, if you like.		
3 cups Carrots		Calories:	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi		
1 cup Rice			Vit/Mineral		
1 cup Milk, low fat (1%)					
8:00 pm Snack		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		49g P	Protein Shake		
35 grams Protein powder		63g C	Put all ingredients in a blender over ice and blend,		
1 cup Peaches, canned		15g F	adding water to create desired consistency. If a		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:	blender is not available, set aside the fruit and shake		
1 cup Oatmeal		583	up the remaining ingredients in a closed container to		
			mix it all together, then eat the fruit on the side.		
			Enjoy!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Day: 31		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast	42 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
9:00 am Snack	42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
11:00 am Snack	56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
1:00 pm Mid Meal	56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 1/2 whole Pita 1/2 cup Yogurt, plain, low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
5:00 pm Dinner	8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomatoe, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Tasty Turkey Pasta Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack	5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 32		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	Florentine Omelet		
8 Egg whites		81g C	Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!		
3 oz Cheese, low or non fat		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 cups Mushrooms		Calories: 711	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
1 cup Onions					
3 1/2 cups Spinach					
2 Peppers (bell or cubanelle)					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 slice Whole grain bread					
9:00 am Snack		Item Portions	Item Portions		
2 cups Yogurt, plain, low fat		56g P	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.		
4 oz Cheese, low or non fat		72g C			
1 1/3 cups Applesauce		15g F			
15 Almonds, whole		Calories: 647			
11:00 am Mid Meal		Item Portions	Item Portions		
2 2/3 cups Beef and vegetable soup		63g P	Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
4 Crackers		81g C	Digestive Enzymes, Omega 3 caps, Vitamin B		
2 oz Pretzels		15g F			
1/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories: 711			
5 oz Cheddar cheese, light/low fat					
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		56g P	Protein Shake with Fruit		
42 grams Protein powder		72g C	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!		
2 cups Raspberries		15g F			
2 cups Strawberries		Calories: 647			
1 tbsp Barley					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tbsp Almonds, slivered					
5:00 pm Dinner		Item Portions	Item Portions		
5 oz Chicken breast, skinless		63g P	Chicken Soft Tacos		
3 oz Cheese, low or non fat		81g C	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.		
1 cup Lettuce, romaine		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Salsa		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 cup Grapes					
2 whole Pita					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 cup Milk, low fat (1%)					
8:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	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!		
2 cups Raspberries		15g F			
1 1/2 tbsp Barley		Calories: 583			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 33

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

<p>6:00 am Breakfast 2 cups Milk, low fat (1%) 8 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1 cup Onions 3 1/2 cups Spinach 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 slice Whole grain bread</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 56g P 72g C 0g F Calories: 512</p>	<p>Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>5:00 pm Dinner 9 oz Turkey breast, skinless 1 3/4 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!</p>
<p>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **</p>		

Notes:

Day: 34		Schedule:		11:00 am Snack	8:00 pm Snack
		8:00 am Breakfast	2:00 pm Mid Meal		
		10:00 am Snack	5:00 pm Dinner		
<i>Workout: Weight Resistance at 10:00 am</i>					
8:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
4 oz Mozzarella cheese, light/low fat		81g C			
1 cup Fruit cocktail		15g F			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:			
6 Egg whites		711			
2 slice Whole grain bread					
10:00 am Snack		Item Portions	Item Portions		
42 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Milk, low fat (1%)		72g C			
1 cup Strawberries		15g F			
1 2/3 cups Oatmeal		Calories:	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		647			
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		0g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
		Calories:			
		512			
2:00 pm Mid Meal		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		63g P	Roast Beef Sandwich		
7 oz Beef, lean cuts		81g C	Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
1 Orange		15g F			
2 slice Whole grain bread		Calories:			
9 Almonds, whole		711			
2 tsp Mayonnaise					
1/3 cup Fruit juice					
5:00 pm Dinner		Item Portions	Item Portions		
9 oz Chicken breast, skinless		63g P	Chicken with Vegetables		
1 cup Carrots		81g C	Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 1/2 cups Corn, canned		15g F			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:			
1/2 cup Pasta		711			
8:00 pm Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		49g P	Cheddar-Apple Galette		
1 1/2 cups Yogurt, plain, low fat		63g C	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!		
2 Apples		15g F			
15 Walnuts		Calories:			
		583			
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 35		Schedule:		1:00 pm Mid Meal	9:00 pm Snack
		9:00 am Breakfast	4:00 pm Snack		
		11:00 am Snack	7:00 pm Dinner		
<i>REST</i>					
9:00 am Breakfast		Item Portions	Preparation Suggestions:		
4 oz Cheese, low or non fat		63g P	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
14 grams Protein powder		81g C			
3 cups Milk, low fat (1%)		15g F			
2 cups Cereal, cold		Calories: 711			
2 cups Strawberries					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
2 cups Yogurt, plain, low fat		56g P	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.		
4 oz Cheese, low or non fat		72g C			
1 1/3 cups Applesauce		15g F			
15 Almonds, whole		Calories: 647			
1:00 pm Mid Meal		Item Portions	Item Portions		
6 oz Chicken breast, skinless		63g P	Chicken and Greek Salad		
1 cup Lettuce, romaine		81g C	Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.		
1 cup Grapes		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
2 Tomatoes		Calories: 711			
1 cup Onions					
2 cups Mushrooms					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tsp Mayonnaise					
1 whole Pita					
2 oz Mozzarella cheese, light/low fat					
1 cup Milk, low fat (1%)					
4:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 1/2 cups Yogurt, plain, low fat		56g P	Protein Shake		
21 grams Protein powder		72g C	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
1 Banana		15g F			
5 tsp Peanut butter, natural		Calories: 647			
7:00 pm Dinner		Item Portions	Item Portions		
7 oz Chicken breast, skinless		63g P	Chicken Mexicali Salad		
1 cup Yogurt, plain, low fat		81g C	In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
3 cups Cabbage		15g F			
2 cups Mushrooms		Calories: 711			
1 cup Salsa					
1 cup Rice					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	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!		
2 cups Raspberries		15g F			
1 1/2 tbsp Barley		Calories: 583			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Day: 36		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
8 Egg whites		63g P	Mondo Greens Omlete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat.		
4 Eggs, whole		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Milk, low fat (1%)		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 1/2 cups Beans, green or yellow		Calories: 711	1 gram Vit C, 400 i.u. Vit E.		
1/2 cup Kidney beans					
1/4 cup Onions					
2 cups Spinach, cooked					
2 slice Whole grain bread					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 am Snack		Item Portions	Item Portions		
42 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Milk, low fat (1%)		72g C			
1 cup Blueberries		15g F			
1 1/3 cups Oatmeal		Calories: 647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		0g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
		Calories: 512			
1:00 pm Mid Meal		Item Portions	Item Portions		
56 grams Protein powder		63g P	Salad & Protein Drink		
1 cup Fruit cocktail		81g C	Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.		
2 Tomatoes		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Mushrooms		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Lettuce, romaine					
2 cups Cucumber					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 1/2 whole Pita					
1/2 cup Yogurt, plain, low fat					
5:00 pm Dinner		Item Portions	Item Portions		
8 oz Chicken breast, skinless		63g P	Spicy Chicken Salad		
2 cups Mushrooms		81g C	Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 cup Zucchini		15g F			
2 1/4 cups Beans, green or yellow		Calories: 711			
1 1/2 cups Grapes					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 whole Pita					
1 cup Milk, low fat (1%)					
8:00 pm Snack		Item Portions	Item Portions		
5 oz Cheddar cheese, light/low fat		49g P	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.		
5 Pickles		63g C			
15 Walnuts		15g F			
2 cups Milk, low fat (1%)		Calories: 583			
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 37		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	A simple, wholesome breakfast.		
49 grams Protein powder		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 1/3 cups Oatmeal		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories: 711	1 gram Vit C, 400 i.u. Vit E.		
1 cup Fruit juice					
9:00 am Snack		Item Portions	Item Portions		
1 cup Cottage cheese, light/low fat		56g P	Cottage Cheese, Grapes & Sunflower Seeds		
28 grams Protein powder		72g C	Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!		
1 cup Grapes		15g F			
3 tbsp Barley		Calories: 647			
1 oz Sunflower seeds					
11:00 am Mid Meal		Item Portions	Item Portions		
5 oz Cheese, low or non fat		63g P	A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
3 cups Vegetable soup		81g C	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 1/3 cups Oatmeal		15g F			
4 Crackers		Calories: 711			
12 Peanuts					
1 cup Milk, low fat (1%)					
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		56g P	Protein Shake with Fruit		
42 grams Protein powder		72g C	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!		
2 cups Raspberries		15g F			
2 cups Strawberries		Calories: 647			
1 tbsp Barley					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tbsp Almonds, slivered					
5:00 pm Dinner		Item Portions	Item Portions		
8 oz Beef, lean cuts		63g P	Steaks with Vegetables		
1/2 cup Tomato, puree		81g C	You can season your vegetables with a little salt, pepper, and basil, if you like.		
2 cups Celery		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
3 cups Carrots		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 cup Rice					
1 cup Milk, low fat (1%)					
8:00 pm Snack		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		49g P	Protein Shake		
35 grams Protein powder		63g C	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!		
1 cup Peaches, canned		15g F			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories: 583			
1 cup Oatmeal					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Day: 38

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

6:00 am Breakfast	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
<p>6:00 am Breakfast</p> <p>4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>9:00 am Snack</p> <p>42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>11:00 am Snack</p> <p>56 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 56g P 72g C 0g F Calories: 512</p>	<p>Item Portions</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>1:00 pm Mid Meal</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions</p> <p>Chicken Salad Sandwich</p> <p>Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>5:00 pm Dinner</p> <p>5 oz Chicken breast, skinless 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions</p> <p>Chicken Soft Tacos</p> <p>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. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack</p> <p>4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions</p> <p>Cheddar-Apple Galette</p> <p>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!</p>
<p>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</p>		
<p>** Remember to drink between 3-4 litres of water per day. **</p>		

Notes:

Day: 39		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	Florentine Omelet		
8 Egg whites		81g C	Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!		
3 oz Cheese, low or non fat		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 cups Mushrooms		Calories: 711	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
1 cup Onions					
3 1/2 cups Spinach					
2 Peppers (bell or cubanelle)					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 slice Whole grain bread					
9:00 am Snack		Item Portions	Item Portions		
2 cups Yogurt, plain, low fat		56g P	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.		
4 oz Cheese, low or non fat		72g C			
1 1/3 cups Applesauce		15g F			
15 Almonds, whole		Calories: 647			
11:00 am Mid Meal		Item Portions	Item Portions		
7 oz Chicken breast, skinless		63g P	Chicken and Greek Salad		
1 cup Lettuce, romaine		81g C	Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.		
1 cup Grapes		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 Tomato		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Onions					
1 cup Mushrooms					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tsp Mayonnaise					
2 whole Pita					
2 oz Mozzarella cheese, light/low fat					
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
28 grams Protein powder		56g P	Protein Shake		
2 cups Yogurt, plain, low fat		72g C	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
1/2 tbsp Barley		15g F			
1 Banana		Calories: 647			
5 tsp Peanut butter, natural					
5:00 pm Dinner		Item Portions	Item Portions		
8 oz Turkey breast, skinless		63g P	Turkey and Salad		
1 1/2 cups Chickpeas		81g C	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!		
1/2 cup Mushrooms		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1/4 cup Onions		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1/2 head Lettuce, iceberg					
1 1/2 cups Cherry tomatoes					
5 tbsp Almonds, slivered					
1 cup Milk, low fat (1%)					
8:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	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!		
2 cups Raspberries		15g F			
1 1/2 tbsp Barley		Calories: 583			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					

Day: 40

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

<p>6:00 am Breakfast</p> <p>1 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 2 slice Whole grain bread</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack</p> <p>42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>11:00 am Snack</p> <p>56 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 56g P 72g C 0g F Calories: 512</p>	<p>Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>1:00 pm Mid Meal</p> <p>56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 1/2 whole Pita 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>5:00 pm Dinner</p> <p>9 oz Turkey breast, skinless 1 3/4 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack</p> <p>5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>

Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875

**** Remember to drink between 3-4 litres of water per day. ****

Notes:

Day: 41		Schedule:		11:00 am Snack	8:00 pm Snack
		8:00 am Breakfast	2:00 pm Mid Meal		
		10:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast	2 cups Milk, low fat (1%) 49 grams Protein powder 2 1/2 cups Cereal, cold 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
10:00 am Snack	49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
11:00 am Snack	56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
2:00 pm Mid Meal	56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 1/2 whole Pita 1/2 cup Yogurt, plain, low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
5:00 pm Dinner	10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack	4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 42	Schedule: 9:00 am Breakfast 11:00 am Snack	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
<i>REST</i>			
9:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
11:00 am Snack 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
1:00 pm Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 2 oz Pretzels 1/3 tsp Olive, Flax, Hemp or Salmon Oils 5 oz Cheddar cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
4:00 pm Snack Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
7:00 pm Dinner 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Rice 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Day: 43		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast	8 Egg whites 4 Eggs, whole 1 cup Milk, low fat (1%) 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Mondo Greens Omlete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
9:00 am Snack	42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
11:00 am Snack	56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
1:00 pm Mid Meal	2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
5:00 pm Dinner	8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Rice 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack	4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 44		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	Florentine Omelet		
8 Egg whites		81g C	Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!		
3 oz Cheese, low or non fat		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 cups Mushrooms		Calories: 711	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
1 cup Onions					
3 1/2 cups Spinach					
2 Peppers (bell or cubanelle)					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 slice Whole grain bread					
9:00 am Snack		Item Portions	Item Portions		
1 cup Cottage cheese, light/low fat		56g P	Cottage Cheese, Grapes & Sunflower Seeds		
28 grams Protein powder		72g C	Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!		
1 cup Grapes		15g F			
3 tbsp Barley		Calories: 647			
1 oz Sunflower seeds					
11:00 am Mid Meal		Item Portions	Item Portions		
13 1/2 oz Chicken breast, deli style		63g P	Deli Chicken and Vegetables		
1 cup Onions		81g C	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.		
2 cups Zucchini		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 Peppers (bell or cubanelle)		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B		
2 Tomatoes					
2 slice Whole grain bread					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		56g P	Protein Shake with Fruit		
42 grams Protein powder		72g C	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!		
2 cups Raspberries		15g F			
2 cups Strawberries		Calories: 647			
1 tbsp Barley					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tbsp Almonds, slivered					
5:00 pm Dinner		Item Portions	Item Portions		
7 oz Chicken breast, skinless		63g P	Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!		
2 cups Milk, low fat (1%)		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Cabbage		15g F	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 cup Onions		Calories: 711			
1 Pepper (bell or cubanelle)					
1/2 cup Jalapeno peppers					
1 1/3 cups Rice					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.		
1 cup Strawberries		15g F	Blender not available? Mix protein powder with cold water and have remaining ingredients on the side.		
1 1/3 cups Oatmeal		Calories: 583	Eat nuts separately.		
5 tbsp Almonds, slivered					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 45

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

<p>6:00 am Breakfast 3 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Blueberries 3 slice Whole grain bread 30 Peanuts</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 56g P 72g C 0g F Calories: 512</p>	<p>Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>5:00 pm Dinner 7 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>
<p>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **</p>		

Notes:

Day: 46		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Yogurt, plain, low fat		63g P	A tasty, easy-to-prepare breakfast. Enjoy!		
10 Egg whites		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Grapes		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:	1 gram Vit C, 400 i.u. Vit E.		
1 cup Oatmeal		711			
9:00 am Snack		Item Portions	Item Portions		
2 cups Yogurt, plain, low fat		56g P	Grate the cheese and mix with the rest of the		
4 oz Cheese, low or non fat		72g C	ingredients for a quick snack that's easy to pop into a		
1 1/3 cups Applesauce		15g F	container and take along to work or elsewhere.		
15 Almonds, whole		Calories:	647		
11:00 am Mid Meal		Item Portions	Item Portions		
5 oz Cheese, low or non fat		63g P	A tasty bowl of soup with crackers. Enjoy the cheese		
3 cups Vegetable soup		81g C	on the side. ***OPTIONAL/OPTIMAL		
1 1/3 cups Oatmeal		15g F	SUPPLEMENTS*** Digestive Enzymes, Omega 3		
4 Crackers		Calories:	caps, Vitamin B		
12 Peanuts		711			
1 cup Milk, low fat (1%)					
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 1/2 cups Yogurt, plain, low fat		56g P	Protein Shake		
21 grams Protein powder		72g C	Put all ingredients in blender over ice and blend.		
1 Banana		15g F	Add water to create desired consistency. Enjoy!		
5 tsp Peanut butter, natural		Calories:	647		
5:00 pm Dinner		Item Portions	Item Portions		
9 oz Beef, lean cuts		63g P	Steak and Rice		
4 cups Cauliflower		81g C	Season steak as desired and grill to your preference.		
2 1/3 cups Rice		15g F	Cook rice, adding seasoning and chopped nuts.		
5 tbsp Almonds, slivered		Calories:	Enjoy a cold juice with dinner.		
1/3 cup Fruit juice		711	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
			Digestive Enzymes, Omega 3 caps, Vitamin B, Multi		
			Vit/Mineral		
8:00 pm Snack		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		49g P	Protein Shake		
35 grams Protein powder		63g C	Put all ingredients in a blender over ice and blend,		
1 cup Peaches, canned		15g F	adding water to create desired consistency. If a		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:	blender is not available, set aside the fruit and shake		
1 cup Oatmeal		583	up the remaining ingredients in a closed container to		
			mix it all together, then eat the fruit on the side.		
			Enjoy!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Day: 47

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

<p>6:00 am Breakfast 42 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 56g P 72g C 0g F Calories: 512</p>	<p>Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!</p>

Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875

**** Remember to drink between 3-4 litres of water per day. ****

Notes:

Day: 48

Schedule:

8:00 am Breakfast
10:00 am Snack

11:00 am Snack
2:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 10:00 am

<p>8:00 am Breakfast</p> <p>4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>10:00 am Snack</p> <p>49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>11:00 am Snack</p> <p>56 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 56g P 72g C 0g F Calories: 512</p>	<p>Item Portions</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>2:00 pm Mid Meal</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions</p> <p>Chicken Salad Sandwich</p> <p>Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>5:00 pm Dinner</p> <p>8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomato, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions</p> <p>Tasty Turkey Pasta</p> <p>Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack</p> <p>5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions</p> <p>Cheese, Berries, Pretzels and Peanuts with Milk</p> <p>Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **</p>		

Notes:

Day: 49		Schedule:		1:00 pm Mid Meal	9:00 pm Snack
		9:00 am Breakfast		4:00 pm Snack	
		11:00 am Snack		7:00 pm Dinner	
<i>REST</i>					
9:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.		
49 grams Protein powder		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 1/2 cups Cereal, cold		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
1 cup Grapes		Calories: 711			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		56g P	Black Bean Salsa and Milk		
2 cups Milk, low fat (1%)		72g C	Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.		
1/2 cup Beans, black		15g F			
1/2 cup Beans, mixed, various		Calories: 647			
1/2 cup Onions					
2 Tomatoes					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1:00 pm Mid Meal		Item Portions	Item Portions		
7 oz Chicken breast, skinless		63g P	Chicken and Greek Salad		
1 cup Lettuce, romaine		81g C	Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.		
1 cup Grapes		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 Tomato		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Onions					
1 cup Mushrooms					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tsp Mayonnaise					
2 whole Pita					
2 oz Mozzarella cheese, light/low fat					
4:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 1/2 cups Yogurt, plain, low fat		56g P	Protein Shake		
21 grams Protein powder		72g C	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
1 Banana		15g F			
5 tsp Peanut butter, natural		Calories: 647			
7:00 pm Dinner		Item Portions	Item Portions		
8 oz Turkey, dark meat, skinless		63g P	Tasty Turkey Pasta		
1 cup Mushrooms		81g C	Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy!		
1/3 cup Onions		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Spinach		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 Tomato, sun dried					
1 1/2 cups Pasta					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 cup Milk, low fat (1%)					
9:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	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!		
2 cups Raspberries		15g F			
1 1/2 tbsp Barley		Calories: 583			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 50		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
8 Egg whites		63g P	Mondo Greens Omlete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat.		
4 Eggs, whole		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Milk, low fat (1%)		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 1/2 cups Beans, green or yellow		Calories: 711	1 gram Vit C, 400 i.u. Vit E.		
1/2 cup Kidney beans					
1/4 cup Onions					
2 cups Spinach, cooked					
2 slice Whole grain bread					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 am Snack		Item Portions	Item Portions		
49 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
1 cup Milk, low fat (1%)		72g C			
2 cups Peaches, canned		15g F			
1 cup Oatmeal		Calories: 647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		0g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
		Calories: 512			
1:00 pm Mid Meal		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		63g P	Deli Salad with Cheese		
7 1/2 oz Chicken breast, deli style		81g C	Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 oz Cheese, low or non fat		15g F	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Lettuce, romaine		Calories: 711			
1 Pepper (bell or cubanelle)					
1 Tomato					
1/2 cup Kidney beans					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
2 slice Whole grain bread					
5:00 pm Dinner		Item Portions	Item Portions		
9 oz Beef, lean cuts		63g P	Steak and Rice		
4 cups Cauliflower		81g C	Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 1/3 cups Rice		15g F	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
5 tbsp Almonds, slivered		Calories: 711			
1/3 cup Fruit juice					
8:00 pm Snack		Item Portions	Item Portions		
5 oz Cheddar cheese, light/low fat		49g P	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.		
5 Pickles		63g C			
15 Walnuts		15g F			
2 cups Milk, low fat (1%)		Calories: 583			
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Day: 51

Schedule:

7:00 am Breakfast
9:00 am Snack

11:00 am Mid Meal

2:00 pm Snack
5:00 pm Dinner

8:00 pm Snack

REST

<p>7:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Fruit juice</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions: A simple, wholesome breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>
<p>11:00 am Mid Meal 13 1/2 oz Chicken breast, deli style 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>5:00 pm Dinner 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010

** Remember to drink between 3-4 litres of water per day. **

Notes:

Day: 52

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

6:00 am Breakfast	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
6:00 am Breakfast 4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 13 1/2 oz Chicken breast, deli style 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1 cup Lettuce, romaine 1 Orange 3 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomatoe, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Tasty Turkey Pasta Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsps Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!

Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875

**** Remember to drink between 3-4 litres of water per day. ****

Notes:

Day: 53

Schedule:

7:00 am Breakfast
9:00 am Snack

11:00 am Mid Meal

2:00 pm Snack
5:00 pm Dinner

8:00 pm Snack

REST

7:00 am Breakfast	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 2 oz Pretzels 1/3 tsp Olive, Flax, Hemp or Salmon Oils 5 oz Cheddar cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
2:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
5:00 pm Dinner 9 oz Chicken breast, skinless 1 cup Carrots 1 1/2 cups Corn, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
<p align="center">Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **</p>		

Notes:

Day: 54

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

<p>6:00 am Breakfast 42 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 56g P 72g C 0g F Calories: 512</p>	<p>Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!</p>

Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875

** Remember to drink between 3-4 litres of water per day. **

Notes:

Day: 55		Schedule:		11:00 am Snack	8:00 pm Snack
		8:00 am Breakfast	2:00 pm Mid Meal		
		10:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast	42 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
10:00 am Snack	49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
11:00 am Snack	56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
2:00 pm Mid Meal	8 oz Chicken breast, skinless 1/2 cup Tomato, puree 3 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives 1 1/2 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Stew Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
5:00 pm Dinner	8 oz Whitefish 3 oz Hard cheeses, light/low fat 1 1/2 cups Baked beans 5 Macadamia nuts 1 cup Potato	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack	5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 56

Schedule:

9:00 am Breakfast
11:00 am Snack

1:00 pm Mid Meal

4:00 pm Snack
7:00 pm Dinner

9:00 pm Snack

REST

<p>9:00 am Breakfast 3 oz Cheese, low or non fat 35 grams Protein powder 1 cup Milk, low fat (1%) 1 Orange 3 slice Whole grain bread 30 Peanuts</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>11:00 am Snack 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>1:00 pm Mid Meal 5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts 1 cup Milk, low fat (1%)</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>4:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>7:00 pm Dinner 8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 whole Pita 1 cup Milk, low fat (1%)</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>9:00 pm Snack 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **</p>		

Notes:

Day: 57		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast	35 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
9:00 am Snack	42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
11:00 am Snack	56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
1:00 pm Mid Meal	9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
5:00 pm Dinner	9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack	4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 58		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
1 1/2 cups Yogurt, plain, low fat		63g P	Eggs with yogurt and fruit. Enjoy!		
6 Egg whites		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Pineapple		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories: 711	1 gram Vit C, 400 i.u. Vit E.		
3 Eggs, whole					
2 slice Whole grain bread					
9:00 am Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		56g P	Black Bean Salsa and Milk		
2 cups Milk, low fat (1%)		72g C	Mix black beans, diced tomato, chopped onion, olive		
1/2 cup Beans, black		15g F	oil, lime juice, and cilantro in a bowl. Seed jalapeno		
1/2 cup Beans, mixed, various		Calories: 647	peppers and chop finely and add to mixture.		
1/2 cup Onions					
2 Tomatoes					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Mid Meal		Item Portions	Item Portions		
8 oz Chicken breast, skinless		63g P	Triple Decker Chicken Salad Sandwich		
1 cup Grapes		81g C	Make a basic chicken salad adding a little celery and		
3 slice Whole grain bread		15g F	onion if desired, and salt and pepper to taste.		
1/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories: 711	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
4 tsp Mayonnaise			Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Milk, low fat (1%)					
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
28 grams Protein powder		56g P	Protein Shake		
2 cups Yogurt, plain, low fat		72g C	Put all ingredients in blender over ice and blend.		
1/2 tbsp Barley		15g F	Add water to create desired consistency. Enjoy!		
1 Banana		Calories: 647			
5 tsp Peanut butter, natural					
5:00 pm Dinner		Item Portions	Item Portions		
6 oz Beef, lean cuts		63g P	Steak Wrap		
3 oz Cheese, low or non fat		81g C	Cut beef into 1 inch strips. In a pan heat oil. Add beef		
1/2 cup Onions		15g F	to oil along with desired seasonings and pan fry until		
1 Pepper (bell or cubanelle)		Calories: 711	cooked. You can pan fry vegetables or have them		
1/2 cup Salsa			raw. Mix all ingredients into pita or tortilla and serve.		
1 Tomato			***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 Apple			Digestive Enzymes, Omega 3 caps, Vitamin B, Multi		
2 whole Pita			Vit/Mineral		
9 Almonds, whole					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	Put all ingredients in a blender over ice and blend,		
2 cups Raspberries		15g F	adding water to create desired consistency. If a		
1 1/2 tbsp Barley		Calories: 583	blender is not available, set aside the fruit and shake		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils			up the remaining ingredients in a closed container to		
			mix it all together, then eat the fruit on the side.		
			Enjoy!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 59

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

<p>6:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 56g P 72g C 0g F Calories: 512</p>	<p>Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>5:00 pm Dinner 8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 whole Pita 1 cup Milk, low fat (1%)</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!</p>

Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875

**** Remember to drink between 3-4 litres of water per day. ****

Notes:

Day: 60		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!		
49 grams Protein powder		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Blueberries		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
2 1/2 cups Cereal, cold		Calories: 711	1 gram Vit C, 400 i.u. Vit E.		
5 tbsp Almonds, slivered					
9:00 am Snack		Item Portions	Item Portions		
2 cups Yogurt, plain, low fat		56g P	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.		
4 oz Cheese, low or non fat		72g C			
1 1/3 cups Applesauce		15g F			
15 Almonds, whole		Calories: 647			
11:00 am Mid Meal		Item Portions	Item Portions		
7 oz Chicken breast, skinless		63g P	Chicken and Greek Salad		
1 cup Lettuce, romaine		81g C	Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad.		
1 cup Grapes		15g F	Top with low fat or feta cheese.		
1 Tomato		Calories: 711	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Onions			Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Mushrooms					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tsp Mayonnaise					
2 whole Pita					
2 oz Mozzarella cheese, light/low fat					
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
28 grams Protein powder		56g P	Protein Shake		
2 cups Yogurt, plain, low fat		72g C	Put all ingredients in blender over ice and blend.		
1/2 tbsp Barley		15g F	Add water to create desired consistency. Enjoy!		
1 Banana		Calories: 647			
5 tsp Peanut butter, natural					
5:00 pm Dinner		Item Portions	Item Portions		
7 oz Chicken breast, skinless		63g P	Chicken Mexicali Salad		
1 cup Yogurt, plain, low fat		81g C	In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar,		
3 cups Cabbage		15g F	1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 cups Mushrooms		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 cup Salsa					
1 cup Rice					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.		
1 cup Strawberries		15g F	Blender not available? Mix protein powder with cold water and have remaining ingredients on the side.		
1 1/3 cups Oatmeal		Calories: 583	Eat nuts separately.		
5 tbsp Almonds, slivered					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Day: 61		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
<i>Workout: Weight Resistance at 9:30 am</i>					
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
3 oz Cheese, low or non fat		63g P	Simple and healthful, this breakfast will give you a		
35 grams Protein powder		81g C	needed energy boost! ***OPTIONAL/OPTIMAL		
1 cup Milk, low fat (1%)		15g F	SUPPLEMENTS*** Digestive Enzymes, Omega 3		
1 Orange		Calories:	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
3 slice Whole grain bread		711			
30 Peanuts					
9:00 am Snack		Item Portions	Item Portions		
42 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth		
2 cups Milk, low fat (1%)		72g C	Carbs		
1 cup Blueberries		15g F	Put all ingredients in a blender over ice and blend to		
1 1/3 cups Oatmeal		Calories:	desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		647			
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We		
		0g F	recommend using a high glycemic juice like grape		
		Calories:	juice for max recuperation. Enjoy!		
		512	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram		
			Vit C, Creatine & BCAA's		
1:00 pm Mid Meal		Item Portions	Item Portions		
8 oz Chicken breast, skinless		63g P	Chicken Salad Sandwich		
3 slice Whole grain bread		81g C	Make a basic chicken salad adding a little celery,		
1 cup Blueberries		15g F	onion and green pepper if desired, and salt and		
3 tsp Mayonnaise		Calories:	pepper to taste, make this one a triple decker and		
2/3 tsp Olive, Flax, Hemp or Salmon Oils		711	enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Milk, low fat (1%)			Digestive Enzymes, Omega 3 caps, Vitamin B		
5:00 pm Dinner		Item Portions	Item Portions		
7 oz Chicken breast, skinless		63g P	Chicken Mexicali Salad		
1 cup Yogurt, plain, low fat		81g C	In a medium pan add oil, diced chicken, mushrooms		
3 cups Cabbage		15g F	and salsa and cook 3 to 5 min. Add 1 tbsp vinegar,		
2 cups Mushrooms		Calories:	1/8 tsp hot pepper sauce to chicken mixture, heating		
1 cup Salsa		711	throughout. Remove from heat and stir in yogurt and		
1 cup Rice			raw cabbage. ***OPTIONAL/OPTIMAL		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils			SUPPLEMENTS*** Digestive Enzymes, Omega 3		
			caps, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		49g P	Cheddar-Apple Galette		
1 1/2 cups Yogurt, plain, low fat		63g C	In oven ready pan,add water,cinnamon,and apples.		
2 Apples		15g F	Bring to boil,then cover and let simmer until apples		
15 Walnuts		Calories:	are tender. Form apple slices into circle and sprinkle		
		583	with nuts and cheese. Cook in oven for 3-5 minutes.		
			Serve hot and enjoy!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Day: 62	Schedule: 8:00 am Breakfast 10:00 am Snack <i>Workout: Weight Resistance at 10:00 am</i>	11:00 am Snack 2:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
8:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A simple, wholesome breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 13 1/2 oz Chicken breast, deli style 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1 cup Lettuce, romaine 1 Orange 3 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Day: 63		Schedule:		1:00 pm Mid Meal	9:00 pm Snack
		9:00 am Breakfast	4:00 pm Snack		
		11:00 am Snack	7:00 pm Dinner		
<i>REST</i>					
9:00 am Breakfast		Item Portions	Preparation Suggestions:		
3 oz Cheese, low or non fat		63g P	Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
28 grams Protein powder		81g C			
2 cups Milk, low fat (1%)		15g F			
1/2 cup Blueberries		Calories: 711			
3 slice Whole grain bread					
30 Peanuts					
11:00 am Snack		Item Portions	Item Portions		
2 cups Yogurt, plain, low fat		56g P	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.		
4 oz Cheese, low or non fat		72g C			
1 1/3 cups Applesauce		15g F			
15 Almonds, whole		Calories: 647			
1:00 pm Mid Meal		Item Portions	Item Portions		
5 oz Cheese, low or non fat		63g P	A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
3 cups Vegetable soup		81g C			
1 1/3 cups Oatmeal		15g F			
4 Crackers		Calories: 711			
12 Peanuts					
1 cup Milk, low fat (1%)					
4:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 1/2 cups Yogurt, plain, low fat		56g P	Protein Shake		
21 grams Protein powder		72g C	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
1 Banana		15g F			
5 tsp Peanut butter, natural		Calories: 647			
7:00 pm Dinner		Item Portions	Item Portions		
5 oz Chicken breast, skinless		63g P	Chicken Soft Tacos		
3 oz Cheese, low or non fat		81g C	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. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 cup Lettuce, romaine		15g F			
1 cup Salsa		Calories: 711			
1 cup Grapes					
2 whole Pita					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 cup Milk, low fat (1%)					
9:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	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!		
2 cups Raspberries		15g F			
1 1/2 tbsp Barley		Calories: 583			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Day: 64

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

<p>6:00 am Breakfast 2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 6 Egg whites 2 slice Whole grain bread</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 56g P 72g C 0g F Calories: 512</p>	<p>Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>5:00 pm Dinner 7 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>
<p>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **</p>		

Notes:

Day: 65		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
3 oz Cheese, low or non fat		63g P	Simple and healthful, this breakfast will give you a		
28 grams Protein powder		81g C	needed energy boost! ***OPTIONAL/OPTIMAL		
2 cups Milk, low fat (1%)		15g F	SUPPLEMENTS*** Digestive Enzymes, Omega 3		
1/2 cup Blueberries		Calories:	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
3 slice Whole grain bread		711			
30 Peanuts					
9:00 am Snack		Item Portions	Item Portions		
2 cups Yogurt, plain, low fat		56g P	Grate the cheese and mix with the rest of the		
4 oz Cheese, low or non fat		72g C	ingredients for a quick snack that's easy to pop into a		
1 1/3 cups Applesauce		15g F	container and take along to work or elsewhere.		
15 Almonds, whole		Calories:			
		647			
11:00 am Mid Meal		Item Portions	Item Portions		
8 oz Chicken breast, skinless		63g P	Triple Decker Chicken Salad Sandwich		
1 cup Grapes		81g C	Make a basic chicken salad adding a little celery and		
3 slice Whole grain bread		15g F	onion if desired, and salt and pepper to taste.		
1/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
4 tsp Mayonnaise		711	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Milk, low fat (1%)					
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		56g P	Protein Shake with Fruit		
42 grams Protein powder		72g C	Put all ingredients in a blender over ice and blend,		
2 cups Raspberries		15g F	adding water to create desired consistency. If a		
2 cups Strawberries		Calories:	blender is not available, set aside the fruit and shake		
1 tbsp Barley		647	up the remaining ingredients in a closed container to		
2/3 tsp Olive, Flax, Hemp or Salmon Oils			mix it all together, then eat the fruit on the side.		
3 tbsp Almonds, slivered			Enjoy!		
5:00 pm Dinner		Item Portions	Item Portions		
6 oz Beef, lean cuts		63g P	Steak Wrap		
3 oz Cheese, low or non fat		81g C	Cut beef into 1 inch strips. In a pan heat oil. Add beef		
1/2 cup Onions		15g F	to oil along with desired seasonings and pan fry until		
1 Pepper (bell or cubanelle)		Calories:	cooked. You can pan fry vegetables or have them		
1/2 cup Salsa		711	raw. Mix all ingredients into pita or tortilla and serve.		
1 Tomato			***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 Apple			Digestive Enzymes, Omega 3 caps, Vitamin B, Multi		
2 whole Pita			Vit/Mineral		
9 Almonds, whole					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	Blend all ingredients, except nuts together and add		
1 cup Strawberries		15g F	ice cubes until desired consistency is reached.		
1 1/3 cups Oatmeal		Calories:	Blender not available? Mix protein powder with cold		
5 tbsp Almonds, slivered		583	water and have remaining ingredients on the side.		
			Eat nuts separately.		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 66	Schedule: 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistance at 9:30 am</i>	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
6:00 am Breakfast 3 oz Cheese, low or non fat 35 grams Protein powder 1 cup Milk, low fat (1%) 1 Orange 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875			
** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Day: 67		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	A simple, wholesome breakfast.		
49 grams Protein powder		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 1/3 cups Oatmeal		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories: 711	1 gram Vit C, 400 i.u. Vit E.		
1 cup Fruit juice					
9:00 am Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		56g P	Black Bean Salsa and Milk		
2 cups Milk, low fat (1%)		72g C	Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.		
1/2 cup Beans, black		15g F			
1/2 cup Beans, mixed, various		Calories: 647			
1/2 cup Onions					
2 Tomatoes					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Mid Meal		Item Portions	Item Portions		
7 oz Chicken breast, skinless		63g P	Chicken and Greek Salad		
1 cup Lettuce, romaine		81g C	Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.		
1 cup Grapes		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 Tomato		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Onions					
1 cup Mushrooms					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tsp Mayonnaise					
2 whole Pita					
2 oz Mozzarella cheese, light/low fat					
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 1/2 cups Yogurt, plain, low fat		56g P	Protein Shake		
21 grams Protein powder		72g C	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
1 Banana		15g F			
5 tsp Peanut butter, natural		Calories: 647			
5:00 pm Dinner		Item Portions	Item Portions		
10 1/2 oz Haddock		63g P	Pan-Fried Haddock		
2 cups Milk, low fat (1%)		81g C	Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
12 spears Asparagus		15g F	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 1/2 cups Beans, green or yellow		Calories: 711			
2/3 cup Applesauce					
1 cup Rice					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	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!		
2 cups Raspberries		15g F			
1 1/2 tbsp Barley		Calories: 583			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 68

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

Meal	Item Portions	Preparation Suggestions:
6:00 am Breakfast 35 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	63g P 81g C 15g F Calories: 711	Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	56g P 72g C 0g F Calories: 512	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	63g P 81g C 15g F Calories: 711	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 6 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Salsa 1 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive, Flax, Hemp or Salmon Oils	63g P 81g C 15g F Calories: 711	Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	49g P 63g C 15g F Calories: 583	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
<p align="center">Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **</p>		

Notes:

Day: 69	Schedule: 8:00 am Breakfast 10:00 am Snack <i>Workout: Weight Resistance at 10:00 am</i>	11:00 am Snack 2:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
8:00 am Breakfast 4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 7 oz Chicken breast, skinless 1 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Day: 70		Schedule:		1:00 pm Mid Meal	9:00 pm Snack
		9:00 am Breakfast	4:00 pm Snack		
		11:00 am Snack	7:00 pm Dinner		
<i>REST</i>					
9:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	Florentine Omelet		
8 Egg whites		81g C	Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!		
3 oz Cheese, low or non fat		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 cups Mushrooms		Calories: 711	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
1 cup Onions					
3 1/2 cups Spinach					
2 Peppers (bell or cubanelle)					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 slice Whole grain bread					
11:00 am Snack		Item Portions	Item Portions		
1 cup Cottage cheese, light/low fat		56g P	Cottage Cheese, Grapes & Sunflower Seeds		
28 grams Protein powder		72g C	Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!		
1 cup Grapes		15g F			
3 tbsp Barley		Calories: 647			
1 oz Sunflower seeds					
1:00 pm Mid Meal		Item Portions	Item Portions		
6 oz Chicken breast, skinless		63g P	Chicken and Greek Salad		
1 cup Lettuce, romaine		81g C	Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.		
1 cup Grapes		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 Tomatoes		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Onions					
2 cups Mushrooms					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tsp Mayonnaise					
1 whole Pita					
2 oz Mozzarella cheese, light/low fat					
1 cup Milk, low fat (1%)					
4:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		56g P	Protein Shake with Fruit		
42 grams Protein powder		72g C	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!		
2 cups Raspberries		15g F			
2 cups Strawberries		Calories: 647			
1 tbsp Barley					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tbsp Almonds, slivered					
7:00 pm Dinner		Item Portions	Item Portions		
9 oz Chicken breast, skinless		63g P	Chicken with Vegetables		
1 cup Carrots		81g C	Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.		
1 1/2 cups Corn, canned		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1/2 cup Pasta					
9:00 pm Snack		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		49g P	Protein Shake		
35 grams Protein powder		63g C	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		
1 cup Peaches, canned		15g F			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories: 668			

Day: 71

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

6:00 am Breakfast	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
6:00 am Breakfast 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.
9:00 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
1:00 pm Mid Meal 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
5:00 pm Dinner 9 oz Turkey breast, skinless 1 3/4 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
<p align="center">Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **</p>		

Notes:

Day: 72		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
4 oz Mozzarella cheese, light/low fat		81g C			
1 cup Fruit cocktail		15g F			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:			
6 Egg whites		711			
2 slice Whole grain bread					
9:00 am Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		56g P	Black Bean Salsa and Milk		
2 cups Milk, low fat (1%)		72g C	Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.		
1/2 cup Beans, black		15g F			
1/2 cup Beans, mixed, various		Calories:			
1/2 cup Onions		647			
2 Tomatoes					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Mid Meal		Item Portions	Item Portions		
13 1/2 oz Chicken breast, deli style		63g P	Deli Chicken and Vegetables		
1 cup Onions		81g C	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.		
2 cups Zucchini		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 Peppers (bell or cubanelle)		Calories:	Digestive Enzymes, Omega 3 caps, Vitamin B		
2 Tomatoes		711			
2 slice Whole grain bread					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 1/2 cups Yogurt, plain, low fat		56g P	Protein Shake		
21 grams Protein powder		72g C	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
1 Banana		15g F			
5 tsp Peanut butter, natural		Calories:			
		647			
5:00 pm Dinner		Item Portions	Item Portions		
7 oz Chicken breast, skinless		63g P	Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!		
2 cups Milk, low fat (1%)		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Cabbage		15g F	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 cup Onions		Calories:			
1 Pepper (bell or cubanelle)		711			
1/2 cup Jalapeno peppers					
1 1/3 cups Rice					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.		
1 cup Strawberries		15g F	Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.		
1 1/3 cups Oatmeal		Calories:			
5 tbsps Almonds, slivered		583			
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 73		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
<i>Workout: Weight Resistance at 9:30 am</i>					
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
4 oz Cheese, low or non fat		63g P	Your favorite cereal mixed with fruit. Enjoy the		
21 grams Protein powder		81g C	cheese on the side. ***OPTIONAL/OPTIMAL		
2 cups Milk, low fat (1%)		15g F	SUPPLEMENTS*** Digestive Enzymes, Omega 3		
2 1/2 cups Cereal, cold		Calories:	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
2 cups Strawberries		711			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 am Snack		Item Portions	Item Portions		
42 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth		
1 cup Yogurt, plain, low fat		72g C	Carbs		
1 cup Blueberries		15g F	Put all ingredients in a blender over ice and blend to		
1 1/3 cups Oatmeal		Calories:	desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		647			
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We		
		0g F	recommend using a high glycemic juice like grape		
		Calories:	juice for max recuperation. Enjoy!		
		512	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram		
			Vit C, Creatine & BCAA's		
1:00 pm Mid Meal		Item Portions	Item Portions		
8 oz Chicken breast, skinless		63g P	Chicken Stew		
1/2 cup Tomato, puree		81g C	Combine all ingredients except the olives. Bring to a		
3 cups Beans, green or yellow		15g F	boil, then simmer for 30-35 minutes until vegetables		
1 cup Carrots		Calories:	are tender. Serve hot and top off with olives.		
1 1/2 cups Turnip		711	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
15 Olives			Digestive Enzymes, Omega 3 caps, Vitamin B		
1 1/2 whole Pita					
1 cup Milk, low fat (1%)					
5:00 pm Dinner		Item Portions	Item Portions		
7 oz Chicken breast, skinless		63g P	Spicy Stirfry: you might want to adjust the amount of		
2 cups Milk, low fat (1%)		81g C	jalapeno peppers you're using, depending on their		
1 cup Cabbage		15g F	strength and what you can handle!		
1 cup Onions		Calories:	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 Pepper (bell or cubanelle)		711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi		
1/2 cup Jalapeno peppers			Vit/Mineral		
1 1/3 cups Rice					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
5 oz Cheese, low or non fat		49g P	Cheese, Berries, Pretzels and Peanuts with Milk		
1 cup Raspberries		63g C	Dice the cheese and throw everything into a bowl.		
1 cup Strawberries		15g F	Every handful will be a great surprise!		
30 Peanuts		Calories:			
2 cups Milk, low fat (1%)		583			
1 1/2 oz Pretzels					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 74

Schedule:

7:00 am Breakfast
9:00 am Snack

11:00 am Mid Meal

2:00 pm Snack
5:00 pm Dinner

8:00 pm Snack

REST

<p>7:00 am Breakfast 2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 2 oz Pretzels 1/3 tsp Olive, Flax, Hemp or Salmon Oils 5 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>2:00 pm Snack Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>5:00 pm Dinner 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010

** Remember to drink between 3-4 litres of water per day. **

Notes:

Day: 75		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	A simple, wholesome breakfast.		
49 grams Protein powder		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 1/3 cups Oatmeal		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories: 711	1 gram Vit C, 400 i.u. Vit E.		
1 cup Fruit juice					
9:00 am Snack		Item Portions	Item Portions		
42 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Milk, low fat (1%)		72g C			
1 cup Blueberries		15g F			
1 1/3 cups Oatmeal		Calories: 647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		0g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
		Calories: 512			
1:00 pm Mid Meal		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		63g P	Deli Salad with Cheese		
7 1/2 oz Chicken breast, deli style		81g C	Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing. Add minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 oz Cheese, low or non fat		15g F	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Lettuce, romaine		Calories: 711			
1 Pepper (bell or cubanelle)					
1 Tomato					
1/2 cup Kidney beans					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
2 slice Whole grain bread					
5:00 pm Dinner		Item Portions	Item Portions		
8 oz Turkey, dark meat, skinless		63g P	Tasty Turkey Pasta		
1 cup Mushrooms		81g C	Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy!		
1/3 cup Onions		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Spinach		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 Tomatoe, sun dried					
1 1/2 cups Pasta					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 cup Milk, low fat (1%)					
8:00 pm Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		49g P	Cheese, Orange and Peanuts.		
18 Peanuts		63g C	A quick snack to keep you going!		
1 Banana		15g F			
2 tsp Peanut butter, natural		Calories: 583			
21 grams Protein powder					
2 tbsp Barley					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 76		Schedule:		11:00 am Snack	8:00 pm Snack
		8:00 am Breakfast	2:00 pm Mid Meal		
		10:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast	3 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Blueberries 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
10:00 am Snack	42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
11:00 am Snack	56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
2:00 pm Mid Meal	8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
5:00 pm Dinner	10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack	4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **					

Notes:

Day: 77	Schedule: 9:00 am Breakfast 11:00 am Snack	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
<i>REST</i>			
9:00 am Breakfast 2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
11:00 am Snack 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
1:00 pm Mid Meal 5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
4:00 pm Snack Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
7:00 pm Dinner 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Day: 78		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
2 cups Milk, low fat (1%)		63g P	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.		
49 grams Protein powder		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 1/2 cups Cereal, cold		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 cup Grapes		Calories: 711	1 gram Vit C, 400 i.u. Vit E.		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 am Snack		Item Portions	Item Portions		
49 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
1 cup Milk, low fat (1%)		72g C	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
2 cups Peaches, canned		15g F			
1 cup Oatmeal		Calories: 647			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		0g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
		Calories: 512			
1:00 pm Mid Meal		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		63g P	Roast Beef Sandwich		
7 oz Beef, lean cuts		81g C	Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
1 Orange		15g F			
2 slice Whole grain bread		Calories: 711			
9 Almonds, whole					
2 tsp Mayonnaise					
1/3 cup Fruit juice					
5:00 pm Dinner		Item Portions	Item Portions		
9 oz Turkey breast, skinless		63g P	Turkey and Salad		
1 3/4 cups Chickpeas		81g C	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!		
1/2 cup Mushrooms		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1/4 cup Onions		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1/2 head Lettuce, iceberg					
1 1/2 cups Cherry tomatoes					
5 tbsp Almonds, slivered					
8:00 pm Snack		Item Portions	Item Portions		
5 oz Cheese, low or non fat		49g P	Cheese, Berries, Pretzels and Peanuts with Milk		
1 cup Raspberries		63g C	Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!		
1 cup Strawberries		15g F			
30 Peanuts		Calories: 583			
2 cups Milk, low fat (1%)					
1 1/2 oz Pretzels					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 79

Schedule:

7:00 am Breakfast
9:00 am Snack

11:00 am Mid Meal

2:00 pm Snack
5:00 pm Dinner

8:00 pm Snack

REST

<p>7:00 am Breakfast 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>11:00 am Mid Meal 8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive, Flax, Hemp or Salmon Oils 4 tsp Mayonnaise 1 cup Milk, low fat (1%)</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>2:00 pm Snack Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>5:00 pm Dinner 8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 whole Pita 1 cup Milk, low fat (1%)</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010 ** Remember to drink between 3-4 litres of water per day. **</p>		

Notes:

Day: 80		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
		<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
3 oz Cheese, low or non fat		63g P	Simple and healthful, this breakfast will give you a		
28 grams Protein powder		81g C	needed energy boost! ***OPTIONAL/OPTIMAL		
2 cups Milk, low fat (1%)		15g F	SUPPLEMENTS*** Digestive Enzymes, Omega 3		
1/2 cup Blueberries		Calories:	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
3 slice Whole grain bread		711			
30 Peanuts					
9:00 am Snack		Item Portions	Item Portions		
42 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth		
2 cups Milk, low fat (1%)		72g C	Carbs		
1 cup Strawberries		15g F	Put all ingredients in a blender over ice and blend to		
1 2/3 cups Oatmeal		Calories:	desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		647			
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We		
		0g F	recommend using a high glycemic juice like grape		
		Calories:	juice for max recuperation. Enjoy!		
		512	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram		
			Vit C, Creatine & BCAA's		
1:00 pm Mid Meal		Item Portions	Item Portions		
2 cups Milk, low fat (1%)		63g P	Deli Salad with Cheese		
7 1/2 oz Chicken breast, deli style		81g C	Make a simple salad. Add deli meats and top with		
2 oz Cheese, low or non fat		15g F	cheese. Add balsamic vinegar to olive oil to make		
1 cup Lettuce, romaine		Calories:	dressing, mix in minced garlic to spice it up and		
1 Pepper (bell or cubanelle)		711	enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 Tomato			Digestive Enzymes, Omega 3 caps, Vitamin B		
1/2 cup Kidney beans					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
2 slice Whole grain bread					
5:00 pm Dinner		Item Portions	Item Portions		
6 oz Beef, lean cuts		63g P	Steak Wrap		
3 oz Cheese, low or non fat		81g C	Cut beef into 1 inch strips. In a pan heat oil. Add beef		
1/2 cup Onions		15g F	to oil along with desired seasonings and pan fry until		
1 Pepper (bell or cubanelle)		Calories:	cooked. You can pan fry vegetables or have them		
1/2 cup Salsa		711	raw. Mix all ingredients into pita or tortilla and serve.		
1 Tomato			***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 Apple			Digestive Enzymes, Omega 3 caps, Vitamin B, Multi		
2 whole Pita			Vit/Mineral		
9 Almonds, whole					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		49g P	Cheddar-Apple Galette		
1 1/2 cups Yogurt, plain, low fat		63g C	In oven ready pan,add water,cinnamon,and apples.		
2 Apples		15g F	Bring to boil,then cover and let simmer until apples		
15 Walnuts		Calories:	are tender. Form apple slices into circle and sprinkle		
		583	with nuts and cheese. Cook in oven for 3-5 minutes.		
			Serve hot and enjoy!		
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 81		Schedule:		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast	2:00 pm Snack		
		9:00 am Snack	5:00 pm Dinner		
<i>REST</i>					
7:00 am Breakfast		Item Portions	Preparation Suggestions:		
4 oz Cheese, low or non fat		63g P	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
14 grams Protein powder		81g C			
3 cups Milk, low fat (1%)		15g F			
2 cups Cereal, cold		Calories: 711			
2 cups Strawberries					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 am Snack		Item Portions	Item Portions		
1 cup Cottage cheese, light/low fat		56g P	Cottage Cheese, Grapes & Sunflower Seeds		
28 grams Protein powder		72g C	Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!		
1 cup Grapes		15g F			
3 tbsp Barley		Calories: 647			
1 oz Sunflower seeds					
11:00 am Mid Meal		Item Portions	Item Portions		
7 oz Chicken breast, skinless		63g P	Chicken and Greek Salad		
1 cup Lettuce, romaine		81g C	Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.		
1 cup Grapes		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
1 Tomato		Calories: 711			
1 cup Onions					
1 cup Mushrooms					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tsp Mayonnaise					
2 whole Pita					
2 oz Mozzarella cheese, light/low fat					
2:00 pm Snack Meal Portions: P:8 C:8 F: 5		Item Portions	Item Portions		
2 1/2 cups Yogurt, plain, low fat		56g P	Protein Shake		
21 grams Protein powder		72g C	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
1 Banana		15g F			
5 tsp Peanut butter, natural		Calories: 647			
5:00 pm Dinner		Item Portions	Item Portions		
8 oz Chicken breast, skinless		63g P	Spicy Chicken Salad		
2 cups Mushrooms		81g C	Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 cup Zucchini		15g F			
2 1/4 cups Beans, green or yellow		Calories: 711			
1 1/2 cups Grapes					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 whole Pita					
1 cup Milk, low fat (1%)					
8:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	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.		
1 cup Strawberries		15g F			
1 1/3 cups Oatmeal		Calories: 583			
5 tbsp Almonds, slivered					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Day: 82

Schedule:

6:00 am Breakfast
9:00 am Snack

11:00 am Snack
1:00 pm Mid Meal
5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 9:30 am

<p>6:00 am Breakfast 4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 56g P 72g C 0g F Calories: 512</p>	<p>Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>1:00 pm Mid Meal 13 1/2 oz Chicken breast, deli style 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1 cup Lettuce, romaine 1 Orange 3 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p>5:00 pm Dinner 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Rice 1 cup Milk, low fat (1%)</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p>Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsps Barley</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p>Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!</p>

Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875

**** Remember to drink between 3-4 litres of water per day. ****

Notes:

Day: 83	Schedule: 8:00 am Breakfast 10:00 am Snack <i>Workout: Weight Resistance at 10:00 am</i>	11:00 am Snack 2:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
8:00 am Breakfast 35 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
11:00 am Snack 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 1/2 whole Pita 1/2 cup Yogurt, plain, low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
5:00 pm Dinner 8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Day: 84		Schedule:		1:00 pm Mid Meal	9:00 pm Snack
		9:00 am Breakfast	4:00 pm Snack		
		11:00 am Snack	7:00 pm Dinner		
<i>REST</i>					
9:00 am Breakfast		Item Portions	Preparation Suggestions:		
35 grams Protein powder		63g P	Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 cups Yogurt, plain, low fat		81g C	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 cup Pineapple		15g F	1 gram Vit C, 400 i.u. Vit E.		
1 1/2 cups Bran cereal, all varieties		Calories: 711			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
2 cups Yogurt, plain, low fat		56g P	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.		
4 oz Cheese, low or non fat		72g C			
1 1/3 cups Applesauce		15g F			
15 Almonds, whole		Calories: 647			
1:00 pm Mid Meal		Item Portions	Item Portions		
8 oz Chicken breast, skinless		63g P	Triple Decker Chicken Salad Sandwich		
1 cup Grapes		81g C	Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.		
3 slice Whole grain bread		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B		
4 tsp Mayonnaise					
1 cup Milk, low fat (1%)					
4:00 pm Snack		Item Portions	Item Portions		
Meal Portions: P:8 C:8 F: 5		56g P	Protein Shake		
28 grams Protein powder		72g C	Put all ingredients in blender over ice and blend.		
2 cups Yogurt, plain, low fat		15g F	Add water to create desired consistency. Enjoy!		
1/2 tbsp Barley		Calories: 647			
1 Banana					
5 tsp Peanut butter, natural					
7:00 pm Dinner		Item Portions	Item Portions		
5 oz Chicken breast, skinless		63g P	Chicken Soft Tacos		
3 oz Cheese, low or non fat		81g C	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.		
1 cup Lettuce, romaine		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Salsa		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 cup Grapes					
2 whole Pita					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 cup Milk, low fat (1%)					
9:00 pm Snack		Item Portions	Item Portions		
35 grams Protein powder		49g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		63g C	Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.		
1 cup Strawberries		15g F	Blender not available? Mix protein powder with cold water and have remaining ingredients on the side.		
1 1/3 cups Oatmeal		Calories: 583	Eat nuts separately.		
5 tbsp Almonds, slivered					
Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Grocery List

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

Protein	Carbohydrates	Fats	Other
826 grams Protein powder	7 cups Cereal, cold	34 tsp Olive, Flax, Hemp or Salmon Oils	37 cups Milk, low fat (1%)
34 1/2 oz Chicken breast, deli style	3 cups Grapes	30 Walnuts	12 cups Yogurt, plain, low fat
32 oz Chicken breast, skinless	3 cups Peaches, canned	1 oz Sunflower seeds	1/2 cup Beans, mixed, various
36 oz Cheese, low or non fat	7 2/3 cups Oatmeal	12 tsp Peanut butter, natural	2 2/3 cups Beef and vegetable soup
6 oz Mozzarella cheese, light/low fat	11 1/3 cups Fruit juice	5 Macadamia nuts	
14 Egg whites	6 1/2 cups Mushrooms	33 Almonds, whole	
1 cup Cottage cheese, light/low fat	7 Peppers (bell or cubanelle)	23 tbsp Almonds, slivered	
8 oz Whitefish	7 cups Lettuce, romaine	78 Peanuts	
3 oz Hard cheeses, light/low fat	3 Oranges	5 tsp Mayonnaise	
22 oz Beef, lean cuts	15 slice Whole grain bread		
10 oz Cheddar cheese, light/low fat	3 cups Cabbage		
10 1/2 oz Haddock	2 1/2 cups Salsa		
9 oz Turkey breast, skinless	4 1/3 cups Rice		
	3 Apples		
	1 cup Fruit cocktail		
	8 tbsp Barley		
	4 1/4 cups Onions		
	2 cups Zucchini		
	7 Tomatoes		
	3 Bananas		
	1 1/2 cups Baked beans		
	1 cup Potato		
	5 cups Raspberries		
	3 1/2 cups Spinach		
	7 cups Strawberries		
	1 cup Kidney beans		
	4 whole Pita		
	5 Pickles		
	3 cups Blueberries		
	1/2 cup Beans, black		
	4 Crackers		
	3 1/2 oz Pretzels		
	1 cup Carrots		
	1 1/2 cups Corn, canned		
	1/2 cup Pasta		
	1 cup Pineapple		
	1 1/2 cups Bran cereal, all varieties		
	1 1/4 cups Celery		
	2 3/4 cups Chickpeas		
	4 cups Cauliflower		
	12 spears Asparagus		
	1 1/2 cups Beans, green or yellow		
	2 cups Applesauce		
	1/2 head Lettuce, iceberg		
	1 1/2 cups Cherry tomatoes		

Grocery List

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

Protein	Carbohydrates	Fats	Other
24 Egg whites	6 1/2 cups Grapes	35 tsp Olive, Flax, Hemp or Salmon Oils	13 1/2 cups Yogurt, plain, low fat
840 grams Protein powder	11 1/3 cups Oatmeal	12 tsp Mayonnaise	44 cups Milk, low fat (1%)
50 oz Chicken breast, skinless	3 cups Peaches, canned	30 Walnuts	3 cups Vegetable soup
36 oz Cheese, low or non fat	12 cups Fruit juice	1 oz Sunflower seeds	1/2 cup Beans, mixed, various
7 Eggs, whole	15 slice Whole grain bread	90 Peanuts	
1 cup Cottage cheese, light/low fat	3 1/2 cups Blueberries	12 tsp Peanut butter, natural	
15 oz Beef, lean cuts	6 1/2 cups Mushrooms	30 Almonds, whole	
5 oz Cheddar cheese, light/low fat	1 cup Zucchini	13 tbsp Almonds, slivered	
8 oz Turkey, dark meat, skinless	8 1/4 cups Beans, green or yellow	15 Olives	
10 1/2 oz Haddock	7 whole Pita		
2 oz Mozzarella cheese, light/low fat	2 Apples		
8 oz Turkey breast, skinless	1 cup Pineapple		
	10 tbsp Barley		
	4 Crackers		
	3 Bananas		
	1 cup Tomato, puree		
	2 cups Celery		
	4 cups Carrots		
	3 1/3 cups Rice		
	5 cups Raspberries		
	1/2 cup Kidney beans		
	3 1/3 cups Onions		
	3 cups Spinach, cooked		
	9 cups Strawberries		
	1 cup Fruit cocktail		
	6 Tomatoes		
	3 cups Lettuce, romaine		
	2 cups Cucumber		
	1 cup Cabbage		
	1 Pepper (bell or cubanelle)		
	1/2 cup Jalapeno peppers		
	5 Pickles		
	1/2 cup Beans, black		
	1 cup Salsa		
	1 1/2 cups Turnip		
	1 Tomatoe, sun dried		
	1 1/2 cups Pasta		
	1 1/2 oz Pretzels		
	2 1/2 cups Cereal, cold		
	1 Orange		
	12 spears Asparagus		
	2 cups Applesauce		
	1 1/2 cups Chickpeas		
	1/2 head Lettuce, iceberg		
	1 1/2 cups Cherry tomatoes		

Grocery List

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

Protein	Carbohydrates	Fats	Other
40 Egg whites	6 cups Grapes	31 tsp Olive, Flax, Hemp or Salmon Oils	11 cups Yogurt, plain, low fat
784 grams Protein powder	11 1/3 cups Oatmeal	15 Olives	32 cups Milk, low fat (1%)
54 oz Chicken breast, skinless	9 cups Strawberries	15 Macadamia nuts	1/2 cup Beans, mixed, various
24 oz Whitefish	11 cups Fruit juice	126 Peanuts	
9 oz Hard cheeses, light/low fat	1/2 cup Tomato, puree	9 tsp Peanut butter, natural	
25 oz Cheese, low or non fat	4 1/2 cups Beans, green or yellow	26 tbsp Almonds, slivered	
27 oz Chicken breast, deli style	3 cups Carrots	2 oz Sunflower seeds	
2 cups Cottage cheese, light/low fat	1 1/2 cups Turnip	8 tsp Mayonnaise	
8 oz Mozzarella cheese, light/low fat	3 1/2 whole Pita	9 Almonds, whole	
7 Eggs, whole	4 1/2 cups Baked beans		
7 oz Beef, lean cuts	3 cups Potato		
8 oz Turkey breast, skinless	6 cups Raspberries		
	3 oz Pretzels		
	3 Oranges		
	16 slice Whole grain bread		
	1/2 cup Beans, black		
	4 cups Onions		
	8 Tomatoes		
	2 cups Zucchini		
	3 Peppers (bell or cubanelle)		
	3 Bananas		
	3 cups Corn, canned		
	1 cup Pasta		
	4 cups Blueberries		
	7 1/2 cups Mushrooms		
	7 cups Lettuce, romaine		
	12 tbsp Barley		
	2 1/2 cups Cereal, cold		
	3 cups Cabbage		
	2 cups Salsa		
	1 cup Rice		
	1 cup Pineapple		
	1 1/4 cups Celery		
	2 1/2 cups Chickpeas		
	1 cup Kidney beans		
	2 cups Spinach, cooked		
	1/2 head Lettuce, iceberg		
	1 1/2 cups Cherry tomatoes		
	1 cup Fruit cocktail		
	1 cup Peaches, canned		

Grocery List

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

Protein	Carbohydrates	Fats	Other
18 Egg whites	2 cups Pineapple	36 2/3 tsp Olive, Flax, Hemp or Salmon Oils	11 cups Yogurt, plain, low fat
6 Eggs, whole	16 slice Whole grain bread	60 Peanuts	48 cups Milk, low fat (1%)
756 grams Protein powder	3 cups Peaches, canned	39 Almonds, whole	1 cup Beans, mixed, various
36 oz Chicken breast, skinless	7 2/3 cups Oatmeal	10 tsp Peanut butter, natural	
21 oz Haddock	11 cups Fruit juice	5 Macadamia nuts	
36 oz Cheese, low or non fat	1 1/4 cups Celery	18 tbsp Almonds, slivered	
27 oz Chicken breast, deli style	4 cups Chickpeas	9 tsp Mayonnaise	
8 oz Whitefish	1/2 cup Kidney beans	30 Walnuts	
3 oz Hard cheeses, light/low fat	2 1/2 cups Salsa	15 Olives	
13 oz Beef, lean cuts	7 cups Lettuce, romaine		
5 oz Cheddar cheese, light/low fat	24 spears Asparagus		
16 oz Turkey breast, skinless	6 cups Beans, green or yellow		
6 oz Mozzarella cheese, light/low fat	2 2/3 cups Applesauce		
	2 cups Rice		
	6 cups Raspberries		
	10 cups Strawberries		
	3 oz Pretzels		
	5 1/2 tbsp Barley		
	1 cup Beans, black		
	4 cups Onions		
	9 Tomatoes		
	2 cups Zucchini		
	4 Peppers (bell or cubanelle)		
	2 Bananas		
	1 1/2 cups Baked beans		
	1 cup Potato		
	2 cups Blueberries		
	2 Oranges		
	3 Apples		
	6 1/2 whole Pita		
	5 Pickles		
	7 cups Cereal, cold		
	5 cups Grapes		
	4 cups Mushrooms		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	1 cup Fruit cocktail		
	1/2 cup Tomato, puree		
	1 cup Carrots		
	1 1/2 cups Turnip		

Grocery List

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

Protein	Carbohydrates	Fats	Other
30 Egg whites	4 1/2 cups Beans, green or yellow	34 2/3 tsp Olive, Flax, Hemp or Salmon Oils	42 cups Milk, low fat (1%)
4 Eggs, whole	1/2 cup Kidney beans	15 Olives	1/2 cup Beans, mixed, various
735 grams Protein powder	4 7/12 cups Onions	13 tbsp Almonds, slivered	5 1/3 cups Beef and vegetable soup
35 oz Chicken breast, skinless	10 cups Spinach, cooked	45 Walnuts	14 1/2 cups Yogurt, plain, low fat
18 oz Turkey breast, skinless	13 slice Whole grain bread	60 Peanuts	
15 oz Cheddar cheese, light/low fat	2 cups Blueberries	10 tsp Peanut butter, natural	
41 oz Cheese, low or non fat	7 cups Oatmeal	54 Almonds, whole	
22 oz Beef, lean cuts	11 1/3 cups Fruit juice	7 tsp Mayonnaise	
8 oz Turkey, dark meat, skinless	1 cup Tomato, puree		
6 oz Mozzarella cheese, light/low fat	5 cups Carrots		
	1 1/2 cups Turnip		
	6 whole Pita		
	3 1/2 cups Chickpeas		
	11 cups Mushrooms		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	5 Pickles		
	3 Oranges		
	1/2 cup Beans, black		
	6 Tomatoes		
	8 Crackers		
	5 1/2 oz Pretzels		
	6 1/2 tbsp Barley		
	2 Bananas		
	2 cups Celery		
	2 cups Rice		
	1 cup Peaches, canned		
	9 cups Strawberries		
	2 cups Fruit cocktail		
	3 cups Lettuce, romaine		
	2 cups Cucumber		
	1 Tomato, sun dried		
	2 cups Pasta		
	7 cups Raspberries		
	4 Peppers (bell or cubanelle)		
	2 2/3 cups Applesauce		
	2 cups Salsa		
	2 cups Grapes		
	4 Apples		
	1 1/2 cups Corn, canned		
	2 cups Cereal, cold		
	3 cups Cabbage		

Grocery List

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

Protein	Carbohydrates	Fats	Other
22 Egg whites	5 1/4 cups Beans, green or yellow	39 tsp Olive, Flax, Hemp or Salmon Oils	37 cups Milk, low fat (1%)
7 Eggs, whole	1/2 cup Kidney beans	60 Walnuts	14 cups Yogurt, plain, low fat
966 grams Protein powder	3 1/4 cups Onions	1 oz Sunflower seeds	3 cups Vegetable soup
28 oz Chicken breast, skinless	5 1/2 cups Spinach, cooked	12 Peanuts	1/2 cup Beans, mixed, various
15 oz Cheddar cheese, light/low fat	8 slice Whole grain bread	18 tbsp Almonds, slivered	2 2/3 cups Beef and vegetable soup
1 cup Cottage cheese, light/low fat	5 cups Blueberries	6 tsp Mayonnaise	
31 oz Cheese, low or non fat	9 2/3 cups Oatmeal	15 Almonds, whole	
16 oz Beef, lean cuts	11 2/3 cups Fruit juice	10 tsp Peanut butter, natural	
2 oz Mozzarella cheese, light/low fat	3 cups Fruit cocktail		
17 oz Turkey breast, skinless	9 Tomatoes		
10 1/2 oz Haddock	9 cups Mushrooms		
	5 cups Lettuce, romaine		
	6 cups Cucumber		
	9 1/2 whole Pita		
	1 cup Zucchini		
	5 1/2 cups Grapes		
	10 Pickles		
	6 1/2 tbsp Barley		
	8 Crackers		
	4 cups Raspberries		
	4 cups Strawberries		
	1 cup Tomato, puree		
	4 cups Celery		
	6 cups Carrots		
	3 cups Rice		
	4 cups Peaches, canned		
	7 1/2 cups Cereal, cold		
	1 cup Salsa		
	4 Apples		
	2 Peppers (bell or cubanelle)		
	2 cups Applesauce		
	2 Bananas		
	3 1/4 cups Chickpeas		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	1 cup Pineapple		
	12 spears Asparagus		
	1/2 cup Beans, black		
	2 oz Pretzels		

Grocery List

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

Protein	Carbohydrates	Fats	Other
26 Egg whites	3 cups Beans, green or yellow	36 1/3 tsp Olive, Flax, Hemp or Salmon Oils	48 cups Milk, low fat (1%)
4 Eggs, whole	1 cup Kidney beans	30 Walnuts	12 cups Yogurt, plain, low fat
770 grams Protein powder	6 5/12 cups Onions	1 oz Sunflower seeds	3 cups Vegetable soup
21 oz Chicken breast, deli style	7 1/2 cups Spinach, cooked	13 tbsp Almonds, slivered	1/2 cup Beans, mixed, various
38 oz Cheese, low or non fat	17 slice Whole grain bread	90 Peanuts	
31 oz Beef, lean cuts	3 1/2 cups Blueberries	39 Almonds, whole	
1 cup Cottage cheese, light/low fat	10 cups Oatmeal	10 tsp Mayonnaise	
29 oz Chicken breast, skinless	11 2/3 cups Fruit juice	12 tsp Peanut butter, natural	
5 oz Cheddar cheese, light/low fat	2 cups Lettuce, romaine		
10 1/2 oz Haddock	7 Peppers (bell or cubanelle)		
16 oz Turkey, dark meat, skinless	6 Tomatoes		
2 oz Mozzarella cheese, light/low fat	1/2 cup Tomato, puree		
	2 cups Celery		
	3 cups Carrots		
	7 cups Rice		
	2 Apples		
	5 cups Mushrooms		
	4 cups Grapes		
	9 1/2 tbsp Barley		
	2 cups Zucchini		
	5 cups Raspberries		
	9 cups Strawberries		
	2 cups Cabbage		
	1 cup Jalapeno peppers		
	2 Oranges		
	5 Pickles		
	2 cups Applesauce		
	4 Crackers		
	3 Bananas		
	4 cups Cauliflower		
	3 cups Peaches, canned		
	12 spears Asparagus		
	4 1/2 cups Cereal, cold		
	2 Tomatoes, sun dried		
	3 cups Pasta		
	1 1/2 oz Pretzels		
	1/2 cup Beans, black		
	2 whole Pita		

Grocery List

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

Protein	Carbohydrates	Fats	Other
8 Egg whites	8 1/4 cups Beans, green or yellow	33 2/3 tsp Olive, Flax, Hemp or Salmon Oils	38 cups Milk, low fat (1%)
4 Eggs, whole	1 cup Kidney beans	16 tbsp Almonds, slivered	7 1/2 cups Yogurt, plain, low fat
952 grams Protein powder	1 7/12 cups Onions	15 Walnuts	2 2/3 cups Beef and vegetable soup
34 1/2 oz Chicken breast, deli style	3 cups Spinach, cooked	36 Almonds, whole	3 cups Vegetable soup
31 oz Cheese, low or non fat	14 slice Whole grain bread	108 Peanuts	
25 oz Beef, lean cuts	11 cups Peaches, canned	9 tsp Peanut butter, natural	
10 oz Cheddar cheese, light/low fat	9 2/3 cups Oatmeal	2 oz Sunflower seeds	
8 oz Turkey, dark meat, skinless	12 2/3 cups Fruit juice	2 tsp Mayonnaise	
2 cups Cottage cheese, light/low fat	2 cups Lettuce, romaine	15 Olives	
25 oz Chicken breast, skinless	4 Peppers (bell or cubanelle)	5 Macadamia nuts	
10 1/2 oz Haddock	3 Tomatoes		
8 oz Whitefish	8 cups Cauliflower		
3 oz Hard cheeses, light/low fat	5 2/3 cups Rice		
	5 Pickles		
	2 cups Applesauce		
	3 cups Zucchini		
	5 cups Raspberries		
	11 cups Strawberries		
	16 tbsp Barley		
	2 1/2 cups Cereal, cold		
	4 cups Mushrooms		
	3 Oranges		
	1 Tomatoe, sun dried		
	2 cups Pasta		
	3 Bananas		
	1 cup Pineapple		
	1 1/2 cups Bran cereal, all varieties		
	3 1/2 cups Grapes		
	8 Crackers		
	3 1/2 oz Pretzels		
	2 cups Carrots		
	1 1/2 cups Corn, canned		
	12 spears Asparagus		
	1/2 cup Tomato, puree		
	1 1/2 cups Turnip		
	2 1/2 whole Pita		
	1 1/2 cups Baked beans		
	1 cup Potato		

Grocery List

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

Protein	Carbohydrates	Fats	Other
840 grams Protein powder	2 cups Pineapple	30 2/3 tsp Olive, Flax, Hemp or Salmon Oils	20 cups Yogurt, plain, low fat
59 oz Chicken breast, skinless	1 1/2 cups Bran cereal, all varieties	20 tbsp Almonds, slivered	34 cups Milk, low fat (1%)
22 oz Beef, lean cuts	6 1/2 cups Blueberries	45 Walnuts	1/2 cup Beans, mixed, various
41 oz Cheese, low or non fat	9 2/3 cups Oatmeal	12 tsp Mayonnaise	3 cups Vegetable soup
6 Egg whites	12 1/3 cups Fruit juice	17 tsp Peanut butter, natural	
3 Eggs, whole	1 1/4 cups Celery	48 Almonds, whole	
2 oz Mozzarella cheese, light/low fat	1 cup Chickpeas	90 Peanuts	
13 1/2 oz Chicken breast, deli style	1/2 cup Kidney beans		
10 1/2 oz Haddock	4 1/2 cups Salsa		
5 oz Cheddar cheese, light/low fat	7 cups Lettuce, romaine		
	4 cups Cauliflower		
	5 1/3 cups Rice		
	5 Apples		
	19 slice Whole grain bread		
	1/2 cup Beans, black		
	2 cups Onions		
	4 Tomatoes		
	4 1/2 cups Grapes		
	6 tbsp Barley		
	4 Bananas		
	2 Peppers (bell or cubanelle)		
	7 whole Pita		
	4 cups Raspberries		
	5 cups Cereal, cold		
	2 cups Strawberries		
	3 Oranges		
	8 cups Mushrooms		
	1 cup Zucchini		
	3 3/4 cups Beans, green or yellow		
	3 1/3 cups Applesauce		
	6 cups Cabbage		
	12 spears Asparagus		
	5 Pickles		
	4 Crackers		

Grocery List

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

Protein	Carbohydrates	Fats	Other
8 oz Mozzarella cheese, light/low fat	1 cup Fruit cocktail	36 2/3 tsp Olive, Flax, Hemp or Salmon Oils	46 cups Milk, low fat (1%)
14 Egg whites	19 slice Whole grain bread	42 Almonds, whole	10 cups Yogurt, plain, low fat
819 grams Protein powder	10 cups Strawberries	15 tsp Mayonnaise	1/2 cup Beans, mixed, various
19 oz Beef, lean cuts	10 cups Oatmeal	45 Walnuts	
61 oz Chicken breast, skinless	12 cups Fruit juice	78 Peanuts	
10 oz Cheddar cheese, light/low fat	2 Oranges	11 tbsp Almonds, slivered	
37 oz Cheese, low or non fat	4 cups Cabbage	7 tsp Peanut butter, natural	
7 1/2 oz Chicken breast, deli style	5 1/2 cups Onions	1 oz Sunflower seeds	
21 oz Haddock	6 Peppers (bell or cubanelle)		
1 cup Cottage cheese, light/low fat	1/2 cup Jalapeno peppers		
	4 1/3 cups Rice		
	10 Pickles		
	2 1/2 cups Blueberries		
	2 2/3 cups Applesauce		
	4 cups Grapes		
	6 cups Raspberries		
	8 1/2 tbsp Barley		
	3 cups Salsa		
	8 Tomatoes		
	4 Apples		
	7 whole Pita		
	7 cups Lettuce, romaine		
	1 cup Kidney beans		
	24 spears Asparagus		
	3 cups Beans, green or yellow		
	1/2 cup Beans, black		
	7 cups Mushrooms		
	2 Bananas		
	1 cup Pineapple		
	1 1/2 cups Bran cereal, all varieties		
	2 1/2 cups Cereal, cold		
	1 1/4 cups Celery		
	1 cup Chickpeas		
	3 1/2 cups Spinach		
	1 cup Carrots		
	1 1/2 cups Corn, canned		
	1/2 cup Pasta		
	1 cup Peaches, canned		

Grocery List

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

Protein	Carbohydrates	Fats	Other
44 oz Cheese, low or non fat	4 1/2 cups Cereal, cold	36 tsp Olive, Flax, Hemp or Salmon Oils	42 cups Milk, low fat (1%)
756 grams Protein powder	8 cups Strawberries	20 tbsp Almonds, slivered	1 cup Beans, mixed, various
39 oz Chicken breast, skinless	2 cups Peaches, canned	138 Peanuts	13 cups Yogurt, plain, low fat
9 oz Turkey breast, skinless	12 1/3 cups Oatmeal	19 tsp Peanut butter, natural	2 2/3 cups Beef and vegetable soup
4 oz Mozzarella cheese, light/low fat	12 cups Fruit juice	15 Olives	3 cups Vegetable soup
26 Egg whites	1 1/4 cups Celery	1 oz Sunflower seeds	
21 oz Chicken breast, deli style	2 3/4 cups Chickpeas	3 tsp Mayonnaise	
1 cup Cottage cheese, light/low fat	1 cup Kidney beans		
5 oz Cheddar cheese, light/low fat	1 cup Salsa		
9 oz Beef, lean cuts	5 cups Lettuce, romaine		
8 oz Turkey, dark meat, skinless	1 1/2 cups Mushrooms		
21 oz Haddock	4 7/12 cups Onions		
	1/2 head Lettuce, iceberg		
	1 1/2 cups Cherry tomatoes		
	4 cups Raspberries		
	5 oz Pretzels		
	1 cup Fruit cocktail		
	12 slice Whole grain bread		
	1 cup Beans, black		
	7 Tomatoes		
	2 cups Zucchini		
	5 Peppers (bell or cubanelle)		
	5 Bananas		
	2 cups Cabbage		
	1 cup Jalapeno peppers		
	7 cups Rice		
	4 1/2 cups Blueberries		
	1/2 cup Tomato, puree		
	6 cups Beans, green or yellow		
	1 cup Carrots		
	1 1/2 cups Turnip		
	1 1/2 whole Pita		
	3 cups Grapes		
	9 tbsp Barley		
	8 Crackers		
	4 cups Cauliflower		
	1 cup Spinach		
	1 Tomatoe, sun dried		
	1 1/2 cups Pasta		
	24 spears Asparagus		
	1 1/3 cups Applesauce		

Grocery List

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

Protein	Carbohydrates	Fats	Other
952 grams Protein powder	9 1/2 cups Cereal, cold	30 1/3 tsp Olive, Flax, Hemp or Salmon Oils	38 cups Milk, low fat (1%)
21 oz Beef, lean cuts	10 cups Grapes	33 Almonds, whole	14 1/2 cups Yogurt, plain, low fat
17 oz Turkey breast, skinless	4 cups Peaches, canned	13 tsp Mayonnaise	
36 oz Cheese, low or non fat	7 2/3 cups Oatmeal	25 tbsp Almonds, slivered	
2 cups Cottage cheese, light/low fat	11 cups Fruit juice	78 Peanuts	
44 oz Chicken breast, skinless	2 Oranges	2 oz Sunflower seeds	
21 oz Chicken breast, deli style	16 slice Whole grain bread	17 tsp Peanut butter, natural	
2 oz Mozzarella cheese, light/low fat	3 1/4 cups Chickpeas	30 Walnuts	
5 oz Cheddar cheese, light/low fat	8 cups Mushrooms		
	2 cups Onions		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	3 cups Raspberries		
	8 cups Strawberries		
	1 1/2 oz Pretzels		
	2 1/2 cups Blueberries		
	10 1/2 tbsp Barley		
	4 Bananas		
	2 cups Zucchini		
	4 1/2 cups Beans, green or yellow		
	9 1/2 whole Pita		
	5 cups Lettuce, romaine		
	3 Peppers (bell or cubanelle)		
	5 Tomatoes		
	1/2 cup Kidney beans		
	1 1/2 cups Salsa		
	3 Apples		
	1/2 cup Tomato, puree		
	2 cups Celery		
	3 cups Carrots		
	1 cup Rice		
	2 cups Pineapple		
	3 cups Bran cereal, all varieties		
	1 cup Fruit cocktail		
	2 cups Cucumber		
	5 Pickles		
	1 1/3 cups Applesauce		

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