

7 DAY MEAL GUIDE



Day 1

- Meal 1 1 banana or apple and 8oz water
Early morning workout
- Meal 2 Oatmeal (cinnamon + truvia) with fruit
- Meal 3 Handful of almonds/walnuts + fruit
- Meal 4 Salad with 3oz of grilled meat
- Meal 5 Protein shake
- Meal 6 4oz tilapia (find a good rub for flavor), broccoli, baked sweet potato

8 Hours of Sleep

Day 2

- breakfast smoothie: blend together ½ cup frozen fruits (strawberries, blueberries, or pineapples), 1 scoop protein, ice and water
- Meal 1 water
- Meal 2 Greek yogurt + fruit
- Meal 3 turkey burger on wheat (lettuce, tomato, light condiments or opt for salsa) Serve with small salad
- Meal 4 Protein shake
- Evening Workout
- Meal 5 Garden Vegetable Frittata (see recipe below)

8 Hours of Sleep

Day 3

- Meal 1 1 cup whole grain, high fiber cereal ¾ cup of strawberries 1 cup skim milk or almond milk
- Meal 2 Greek yogurt + fruit
- Meal 3 Salad with 3oz of grilled meat
- Meal 4 hummus + carrots or other vegetable
- Evening Workout
- Meal 6 squash spaghetti with low-fat tomato sauce

8 Hours of Sleep

Day 4

- Meal 1 1 banana or apple and 8oz water
Early morning workout
- Meal 2 egg whites omelete, spinach, mushrooms, bell peppers + green tea

veggies and dip: small plate of snow peas, carrots, cucumber.

Mix 1 packet of Good Seasons Italian Dressing into 8oz of

Meal 3 Greek yogurt

Meal 4 Salad with 3oz of grilled meat

Meal 5 Protein shake

4 oz chicken breast, grilled zucchini and squash , 1/2cup brown

Meal 6 rice

8 Hours of Sleep

Day 5

Meal 1 Poached eggs with low fat cheese, apple, tea or coffee

Meal 2 Handful of almonds/walnuts + fruit

Tuna (canned in water), low fat mayonaise, cranberries, celery

Meal 3 sticks

Meal 4 Protein shake

Evening Workout

Meal 5 Turkey breast with sage leaves

8 Hours of Sleep

Day 6

Meal 1 oatmeal pancakes, 1 orange, coffe or tea

Meal 2 low fat yogurt + piece of fruit

Meal 3 Vegetable burger, with small salad

Meal 4 smoothie or other protein shake

4 oz of grilled fish (salmon/ tilapia) 1/2 cup green vegetable 1/2

Meal 5 cup mashed sweet potato or 1/2 baked sweet potato

8 Hours of Sleep

Day 7

egg whites omelete, spinach, mushrooms, bell peppers + green

Meal 1 tea

Meal 2 Handful of almonds/walnuts + fruit

Meal 3 Chicken stir fry with broccoli, mushrooms and snow peas

Meal 4 protein shake

Meal 5 4-6oz lean cut steak, caesar salad

8 Hours of Sleep