

Sample Week 1

MEAL PLAN							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PRE-Workout Snack	1/2 banana	1/2 banana	1/2 banana				
Breakfast	Green Smoothie	Green Smoothie	Green Smoothie	Chocolate Supreme Coffee Shake	Spinach Egg-White Omelet	Scrambled egg whites and green peppers	Chocolate Supreme Coffee Shake
Snack	Water	Water	Water	ON 100% Casien Protein Shake	ON 100% Casien Protein Shake	ON 100% Casien Protein Shake	ON 100% Casien Protein Shake
Lunch	2 cups - sliced Vegetables 1-cup fruit	2 cups - sliced Vegetables 1-cup fruit	2 cups - sliced Vegetables 1-cup fruit	Turkey Burgers with a side of Broccoli	Grilled Chicken with a side of asparagus	Turkey Burgers with a side of Broccoli	Chicken Stir Fry mix
Snack	Water	Water	Water	Grilled Chicken with a side of asparagus	Shrimp Ceviche	ON 100% Casien Protein Shake	Shrimp Kabobs
Dinner	2 Cups Green Salad lemon squeezed for dressing w/lots of veggies	Lettuce wrap with 1-2 cups of vegetables or Green Smoothie	2 Cups Green Salad lemon squeezed for dressing w/lots of veggies	ON 100% Casien Protein Shake	ON 100% Casien Protein Shake	2 hour Cheat Window (have fun)	ON 100% Casien Protein Shake
Notes	Detox Day Detox Day Detox Day						

***For educational purposes only. I am not a nutritionist or a dietitian*