

**SUPER-SIMPLE MEAL MAP, PHASE 1**

PHASE 1: UNWIND STRESS								
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
:.am/pm <b>MONDAY</b>	_____	:.am/pm <b>P1 FMD BREAKFAST SHAKE</b>	:.am/pm <b>1 APPLE</b>	:.am/pm <b>½ TURKEY SANDWICH WITH SLICED NITRATE-FREE TURKEY, LETTUCE, CUCUMBER, TOMATO, AND MUSTARD</b>	:.am/pm <b>P1 FMD FOOD BAR</b>	:.am/pm <b>P1 CHILI</b>		
:.am/pm <b>TUESDAY</b>	_____	:.am/pm <b>P1 FMD BREAKFAST SHAKE</b>	:.am/pm <b>1 APPLE</b>	:.am/pm <b>CHILI AND 1 ORANGE</b>	:.am/pm <b>P1 FMD FOOD BAR</b>	:.am/pm <b>P1 CHICKEN AND BROCCOLI BOWL</b>		

**SUPER-SIMPLE MEAL MAP, PHASE 2**

PHASE 2: UNLOCK FAT									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
____:____ am/pm <b>WEDNESDAY</b>	_____	____:____ am/pm P2 FMD BREAKFAST SHAKE	____:____ am/pm NITRATE-FREE JERKY	____:____ am/pm SLICED TURKEY, MUSTARD, AND LETTUCE WRAP	____:____ am/pm P2 FMD FOOD BAR	____:____ am/pm P2 BEEF AND CABBAGE SOUP			
____:____ am/pm <b>THURSDAY</b>	_____	____:____ am/pm P2 FMD BREAKFAST SHAKE	____:____ am/pm NITRATE-FREE JERKY	____:____ am/pm LEFTOVER P2 BEEF AND CABBAGE SOUP	____:____ am/pm P2 FMD FOOD BAR	____:____ am/pm P2 PEPPERONCINI PORK ROAST			

## SUPER-SIMPLE MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
___:___ am/pm <b>FRIDAY</b>	_____	___:___ am/pm P3 FMD BREAKFAST SHAKE	___:___ am/pm 1/4 CUP RAW NUTS OR SEEDS	___:___ am/pm SALAD WITH TURKEY, TOMATO, CUCUMBER, AND AVOCADO, WITH P3 DRESSING	___:___ am/pm P3 FMD FOOD BAR	___:___ am/pm CURRY CHICKEN			
___:___ am/pm <b>SATURDAY</b>	_____	___:___ am/pm P3 FMD BREAKFAST SHAKE	___:___ am/pm 1/4 CUP RAW NUTS OR SEEDS	___:___ am/pm LEFTOVER P3 COCONUT CHICKEN CURRY	___:___ am/pm P3 FMD FOOD BAR	___:___ am/pm P3 SHRIMP VEGGIE STIR-FRY WITH RICE PASTA			
___:___ am/pm <b>SUNDAY</b>	_____	___:___ am/pm P3 FMD BREAKFAST SHAKE	___:___ am/pm 1/4 CUP RAW NUTS OR SEEDS	___:___ am/pm LEFTOVER P3 SHRIMP AND VEGGIE STIR-FRY OVER SALAD GREENS	___:___ am/pm P3 FMD FOOD BAR	___:___ am/pm P3 SESAME CHICKEN STIR-FRY			