

**WEEK TWO 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 P1 STRAWBERRY FRENCH TOAST	:__am/pm 2 APRICOTS	:__am/pm P1 TUNA, GREEN APPLE, AND SPINACH SALAD	:__am/pm 1 CUP CANTALOUPE	:__am/pm P1 2 CUPS CHICKEN SAUSAGE WITH BROWN RICE FUSILLI	
:__am/pm <b>TUESDAY</b>	_____	:__am/pm P1 OATMEAL FRUIT SMOOTHIE	:__am/pm 1 CUP MANGO SLICES	:__am/pm P1 2 CUPS CHICKEN SAUSAGE WITH BROWN RICE FUSILLI, 1 ASIAN PEAR	:__am/pm 1 ORANGE	:__am/pm P1 PORK TENDERLOIN WITH BROCCOLI AND PINEAPPLE	

## WEEK TWO 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 SPANISH EGG WHITE SCRAMBLE	:__am/pm P2 ROAST BEEF, HORSERADISH, AND CUCUMBER WRAP	:__am/pm P2 TUNA SALAD— STUFFED RED PEPPER	:__am/pm 1 TO 2 OUNCES TURKEY JERKY	:__am/pm P2 NEW YORK STRIP STEAK WITH STEAMED BROCCOLI		
:__am/pm <b>THURSDAY</b>	_____	:__am/pm P2 EGG WHITE, MUSHROOM, AND SPINACH OMELET	:__am/pm P2 SMOKED SALMON AND CUCUMBERS	:__am/pm P2 STEAK AND SPINACH SALAD (USE LEFTOVER STEAK FROM LAST NIGHT'S DINNER)	:__am/pm 3 HARD-BOILED EGG WHITES WITH SEA SALT AND PEPPER	:__am/pm P2 2 CUPS BEEF AND CABBAGE SOUP		

**WEEK TWO 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 CUCUMBER HUMMUS TOAST, ½ GRAPEFRUIT	: : am/pm ¼ CUP RAW NUTS WITH LIME, SEA SALT, AND JICAMA	: : am/pm P3 ENDIVE TUNA SALAD P3 FRUIT	: : am/pm ¼ CUP RAW PISTACHIOS	: : am/pm P3 ROSEMARY PORK ROAST WITH SWEET POTATO			
: : am/pm <b>SATURDAY</b>	_____	: : am/pm BERRY NUTTY OATMEAL SMOOTHIE	: : am/pm ¼ CUP RAW ALMONDS	: : am/pm P3 OLIVE AND TOMATO SALAD P3 FRUIT	: : am/pm ½ SLICED AVOCADO WITH SEA SALT POTATOES	: : am/pm P3 BAKED SALMON AND SWEET POTATOES			
: : am/pm <b>SUNDAY</b>	_____	: : am/pm P3 EGG AND TOAST WITH TOMATOES AND RED ONION	: : am/pm CELERY AND 2 TABLESPOONS RAW ALMOND BUTTER	: : am/pm P3 SHRIMP SALAD P3 FRUIT	: : am/pm P3 SWEET POTATO HUMMUS AND CUCUMBERS	: : am/pm P3 COCONUT PECAN- CRUSTED HALIBUT WITH ARTICHOKE DIP			