

WEEK THREE MEAL MAP, PHASE 1

PHASE 1: UNWIND STRESS								
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
:. :. am/pm MONDAY		:. :. am/pm P1 FROZEN MANGO FAT-BURNING SMOOTHIE	:. :. am/pm 1 ORANGE	:. :. am/pm P1 TUNA, GREEN APPLE, AND SPINACH SALAD 15 RICE CRACKERS	:. :. am/pm 1 CUP POMEGRANATE SEEDS	:. :. am/pm P1 ITALIAN CHICKEN AND WILD RICE		
:. :. am/pm TUESDAY		:. :. am/pm P1 OATMEAL	:. :. am/pm 1 CUP FROZEN PINEAPPLE	:. :. am/pm P1 ITALIAN CHICKEN AND WILD RICE (LEFTOVER)	:. :. am/pm 1 ORANGE	:. :. am/pm P1 TURKEY CHILI		

WEEK THREE MEAL MAP, PHASE 2

PHASE 2: UNLOCK FAT								
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
:__am/pm WEDNESDAY	_____	:__am/pm P2 SPANISH EGG WHITE SCRAMBLE	:__am/pm TURKEY JERKY	:__am/pm P2 ROAST BEEF, MUSTARD, AND LETTUCE WRAP	:__am/pm ½ PORTION P2 TUNA AND CUCUMBER SALAD	:__am/pm P2 BROILED HALIBUT WITH BROCCOLI		
:__am/pm THURSDAY	_____	:__am/pm P2 EGG WHITE, MUSHROOM, AND SPINACH OMELET	:__am/pm ½ PORTION (LEFTOVER) P2 TUNA AND CUCUMBER SALAD	:__am/pm SPINACH SALAD WITH LEFTOVER HALIBUT, WITH CILANTRO AND LIME JUICE	:__am/pm ROAST BEEF SLICES AND CUCUMBER SLICES	:__am/pm P2 PEPPERONCINI PORK ROAST		

WEEK THREE MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
____:____ am/pm FRIDAY	_____	____:____ am/pm SPROUTED TOAST WITH NUT BUTTER AND BERRIES	____:____ am/pm 2 OUNCES SHRIMP WITH LEMON WEDGES	____:____ am/pm P3 THREE-EGG SALAD WITH TOMATOES, RASPBERRIES	____:____ am/pm ¼ CUP RAW ALMONDS	____:____ am/pm P3 SHRIMP AND VEGGIE STIR-FRY			
____:____ am/pm SATURDAY	_____	____:____ am/pm P3 BERRY NUTTY OATMEAL SMOOTHIE	____:____ am/pm ½ AVOCADO WITH SEA SALT	____:____ am/pm P3 ENDIVE TUNA SALAD, PEACH	____:____ am/pm P3 THREE-EGG SALAD	____:____ am/pm P3 COCONUT CURRY CHICKEN			
____:____ am/pm SUNDAY	_____	____:____ am/pm CELERY WITH ALMOND BUTTER AND CAROB CHIPS	____:____ am/pm P3 THREE-EGG SALAD (LEFTOVER)	____:____ am/pm P3 COCONUT CURRY CHICKEN (LEFTOVER)	____:____ am/pm ¼ CUP RAW ALMONDS	____:____ am/pm P3 SESAME CHICKEN STIR-FRY			