

WEEK FOUR 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 APPLE	:. . am/pm P1 OPEN-FACED TURKEY SANDWICH, FIGS	:. . am/pm 1 CUP FROZEN PINEAPPLE	:. . am/pm P1 2 CUPS TURKEY, WHITE BEAN, AND KALE SOUP			
:. . am/pm TUESDAY	_____	:. . am/pm P1 STRAWBERRY FRENCH TOAST	:. . am/pm 1 ORANGE	:. . am/pm P1 2 CUPS TURKEY, WHITE BEAN, AND KALE SOUP (LEFTOVER), SLICED MANGO	:. . am/pm 1 ASIAN PEAR	:. . am/pm P1 2 CUPS ITALIAN CHICKEN AND WILD RICE			

WEEK FOUR MEAL MAP, PHASE 2

PHASE 2: UNLOCK FAT									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
:__am/pm WEDNESDAY		:__am/pm P2 EGG WHITE, MUSHROOM, AND SPINACH OMELET	:__am/pm TURKEY SLICES AND MUSTARD	:__am/pm P1 2 CUPS BEEF, KALE, AND LEEK SOUP	:__am/pm TURKEY JERKY	:__am/pm P2 BAKED CINNAMON-MUSTARD CHICKEN AND LEMON-GARLIC SPINACH			
:__am/pm THURSDAY		:__am/pm P2 SMOKED SALMON AND CUCUMBERS	:__am/pm 3 HARD-BOILED EGG WHITES WITH SEA SALT	:__am/pm P2 BAKED CINNAMON-MUSTARD CHICKEN (LEFTOVER) ON SALAD WITH P2 SALAD DRESSING	:__am/pm TURKEY SLICES AND MUSTARD	:__am/pm P2 BEEF, KALE, AND LEEK SOUP (LEFTOVER)			

WEEK FOUR MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
___:___ am/pm FRIDAY	_____	___:___ am/pm 1 SLICE SPROUTED-GRAIN TOAST WITH ½ AVOCADO, TOMATO SLICE, AND CUCUMBER SLICES	___:___ am/pm 2 OUNCES SHRIMP WITH LEMON WEDGES	___:___ am/pm P3 OLIVE AND TOMATO SALAD WITH CHICKEN OR TURKEY SLICES	___:___ am/pm RED BELL PEPPER STRIPS DIPPED IN P3 SALAD DRESSING	___:___ am/pm P3 2 CUPS SESAME CHICKEN 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, APPLE	___:___ am/pm CELERY AND HUMMUS	___:___ am/pm P3 ROSEMARY PORK ROAST WITH SWEET POTATO			
___:___ am/pm SUNDAY	_____	___:___ am/pm CELERY WITH ALMOND BUTTER AND CAROB CHIPS, CHERRIES	___:___ am/pm CELERY WITH P3 DIP OR SALAD DRESSING	___:___ am/pm SALAD WITH 2 CUPS SPINACH, ⅓ CUP HUMMUS, CHERRY TOMATOES, CELERY, CILANTRO, AND P3 SALAD DRESSING	___:___ am/pm ¼ CUP RAW ALMONDS	___:___ am/pm P3 AVOCADO QUESADILLA, SIDE MIXED GREENS WITH P3 DRESSING			