

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			