

		BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
<div><div>__:___am/pm</div><div>WAKE TIME</div></div> <div>Monday</div> <div><div></div><div>WEIGHT</div></div>	<div>__:___am/pm</div> <div>P1 creamy brown rice cereal with fruit</div>	<div>__:___am/pm</div> <div>P1 fruit salad</div>	<div>__:___am/pm</div> <div>P1 tangy tuna and veggie melt</div>	<div>__:___am/pm</div> <div>P1 cucumber and tangerine salad</div>	<div>__:___am/pm</div> <div>P1 pasta and simmered tomato-meat sauce</div>			PHASE 1: UNWIND STRESS	
<div><div>__:___am/pm</div><div>WAKE TIME</div></div> <div>Tuesday</div> <div><div></div><div>WEIGHT</div></div>	<div>__:___am/pm</div> <div>P1 strawberry pancakes</div>	<div>__:___am/pm</div> <div>P1 watermelon with mint</div>	<div>__:___am/pm</div> <div>P1 spinach salad with seared pork and squash</div>	<div>__:___am/pm</div> <div>P1 orange sorbet</div>	<div>__:___am/pm</div> <div>P1 vegetable curry</div>				
<div><div>__:___am/pm</div><div>WAKE TIME</div></div> <div>Wednesday</div> <div><div></div><div>WEIGHT</div></div>	<div>__:___am/pm</div> <div>P2 spinach and mushroom scramble</div>	<div>__:___am/pm</div> <div>P2 smoked salmon and celery</div>	<div>__:___am/pm</div> <div>P2 tuna salad in endive leaves</div>	<div>__:___am/pm</div> <div>P2 mustard egg salad</div>	<div>__:___am/pm</div> <div>P2 rosemary pork tenderloin with mustard greens</div>			PHASE 2: UNLOCK FAT STORES	
<div><div>__:___am/pm</div><div>WAKE TIME</div></div> <div>Thursday</div> <div><div></div><div>WEIGHT</div></div>	<div>__:___am/pm</div> <div>P2 jicama with bacon and lime</div>	<div>__:___am/pm</div> <div>P2 smoked salmon and and cucumbers</div>	<div>__:___am/pm</div> <div>P2 buffalo tip salad</div>	<div>__:___am/pm</div> <div>P2 roast beef-wrapped pickles</div>	<div>__:___am/pm</div> <div>P2 turkey meat loaf and asparagus</div>				

BREAKFAST		SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	PHASE 3: UNLEASH THE BURN
____:____am/pm WAKE TIME	____:____am/pm	____:____am/pm	____:____am/pm	____:____am/pm	____:____am/pm			
Friday	P3 spinach-mushroom omelet	P3 eggplant hummus and raw veggies	P3 cream of asparagus soup	¼ cup pine nuts	P3 savory lentil and veggie stir-fry			
_____ WEIGHT								
____:____am/pm WAKE TIME	____:____am/pm	____:____am/pm	____:____am/pm	____:____am/pm	____:____am/pm			
Saturday	P3 avocado smoothie	P3 kale chips	P3 artichoke salad with avocado and hearts of palm	P3 deviled eggs	P3 turkey and veggie fried rice			
_____ WEIGHT								
____:____am/pm WAKE TIME	____:____am/pm	____:____am/pm	____:____am/pm	____:____am/pm	____:____am/pm			
Sunday	P3 raspberry-studded oatmeal	P3 lemon-dressed artichokes	P3 chicken lettuce wraps with sweet potato hummus	P3 oven-baked sweet potato fries	P3 chicken, mushroom, and barley soup			
_____ WEIGHT								