

WEEK ONE MEAL MAP, PHASE 1

WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
:__am/pm MONDAY	_____	:__am/pm P1 OATMEAL FRUIT SMOOTHIE	:__am/pm 1 ASIAN PEAR	:__am/pm P1 OPEN-FACED TURKEY SANDWICH, 1 ORANGE	:__am/pm 2 KIWIS	:__am/pm P1 2 CUPS CHICKEN AND BARLEY SOUP		
:__am/pm TUESDAY	_____	:__am/pm STRAWBERRY FRENCH TOAST	:__am/pm 1 APPLE	:__am/pm P1 2 CUPS CHICKEN AND BARLEY SOUP, SLICED KIWI	:__am/pm 1 CUP WATERMELON CUBES	:__am/pm P1 2 CUPS CHILI		

PHASE 1: UNWIND STRESS

WEEK ONE MEAL MAP, PHASE 2

WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
:. am/pm WEDNESDAY		:. am/pm P2 SPANISH EGG WHITE SCRAMBLE	:. am/pm SMOKED SALMON WITH CUCUMBERS	:. am/pm P2 TUNA AND CUCUMBER SALAD	:. am/pm 1 TO 2 OUNCES BUFFALO JERKY	:. am/pm P2 STEAK AND ASPARAGUS LETTUCE WRAP		
:. am/pm THURSDAY		:. am/pm P2 TURKEY BACON WITH CELERY	:. am/pm P2 STUFFED MUSHROOMS	:. am/pm P2 STEAK AND SPINACH SALAD	:. am/pm 3 HARD-BOILED EGG WHITES WITH SEA SALT AND PEPPER	:. am/pm P2 PEPPERONCINI PORK ROAST, 2 CUPS BROCCOLI		

PHASE 2: UNLOCK FAT

WEEK ONE MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
:__am/pm FRIDAY	_____	:__am/pm P3 BERRY NUTTY OATMEAL	:__am/pm 1/3 CUP HUMMUS AND CUCUMBERS	:__am/pm P3 THREE-EGG SALAD OVER 2 CUPS SPINACH, BLUEBERRIES	:__am/pm 1/4 CUP RAW ALMONDS	:__am/pm P3 2 CUPS SHRIMP AND VEGGIE STIR-FRY OVER 1/2 CUP QUINOA PASTA			
:__am/pm SATURDAY	_____	:__am/pm P3 TOAST, BERRIES, NUT BUTTER, CUCUMBERS	:__am/pm 1/4 CUP RAW PISTACHIOS	:__am/pm P3 SHRIMP AND VEGGIE STIR-FRY, WITHOUT THE PASTA, 1/2 GRAPEFRUIT	:__am/pm 1/2 SLICED AVOCADO WITH SEA SALT	:__am/pm AVOCADO AND TURKEY LETTUCE WRAP			
:__am/pm SUNDAY	_____	:__am/pm P3 TOAST, EGG, TOMATO, RED ONION, 1/2 AVOCADO	:__am/pm 1/3 CUP HUMMUS AND CUCUMBERS	:__am/pm P3 ENDIVETUNA SALAD, APPLE	:__am/pm CELERY AND 2 TABLESPOONS RAW ALMOND BUTTER	:__am/pm P3 COCONUT CURRY CHICKEN			