

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER		
____:____am/pm WAKE TIME Monday _____ WEIGHT	____:____am/pm P1 piping hot quinoa cereal	____:____am/pm P1 papaya with lime juice	____:____am/pm P1 sloppy joe turkey wrap	____:____am/pm 2 tangerines	____:____am/pm P1 dover sole with tomato and brown rice			PHASE 1: UNWIND STRESS	
____:____am/pm WAKE TIME Tuesday _____ WEIGHT	____:____am/pm P1 spicy southwest wild rice patties	____:____am/pm P1 quick baked apple crisp	____:____am/pm P1 gingered carrot-orange soup	____:____am/pm 1 cup pineapple	____:____am/pm P1 warm steak salad over a bed of spinach				
____:____am/pm WAKE TIME Wednesday _____ WEIGHT	____:____am/pm P2 spinach and mushroom scramble	____:____am/pm P2 summer salsa with turkey bacon chips	____:____am/pm P2 broiled mustard-coated steak	____:____am/pm P2 garden meatballs	____:____am/pm P2 chicken with shiitake mushrooms and mustard greens				PHASE 2: UNLOCK FAT STORES
____:____am/pm WAKE TIME Thursday _____ WEIGHT	____:____am/pm P2 steak and eggs	____:____am/pm P2 turkey jerky and cucumbers	____:____am/pm P2 buffalo tip salad	____:____am/pm P2 smoked salmon and cucumbers	____:____am/pm P2 marinated chicken and veggie kabobs				

BREAKFAST		SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
____:____am/pm WAKE TIME Friday _____ WEIGHT	____:____am/pm P3 fried egg with spinach	____:____am/pm P3 coconut-cherry smoothie with radishes	____:____am/pm P3 asparagus and sweet potato soup	____:____am/pm P3 veggies with avocado-lime dip	____:____am/pm P3 quinoa salad with radishes and black beans and a side of sautéed leeks			PHASE 3: UNLEASH THE BURN
____:____am/pm WAKE TIME Saturday _____ WEIGHT	____:____am/pm P3 beet and kale smoothie and 1 slice Ezekiel bread with almond butter	____:____am/pm P3 raspberry–almond milk smoothie and carrot sticks	____:____am/pm P3 ginger-lentil salad	____:____am/pm P3 veggies with avocado-lime dip	____:____am/pm P3 turkey and veggie fried rice			
____:____am/pm WAKE TIME Sunday _____ WEIGHT	____:____am/pm P3 tomato-topped tuna melt	____:____am/pm P3 chocolate-coated cherries	____:____am/pm P3 slow-cooked chicken curry	____:____am/pm P3 sardine and cucumber canapés	____:____am/pm P3 wild rice and black bean salad			