

D-BURN MEAL MAP

Here are your five days, at a glance. Snap a picture with your phone or make a copy and keep it with you so you always know what to eat.

DAY 1

BREAKFAST



SNACK



LUNCH



Lentil Chili (freeze half for Day 5 lunch)

50%



SNACK



DINNER



Beef and Broccoli Bowl (save half for Day 2 lunch)

100%



SNACK

Stewed prunes (save half for Day 2 evening)

AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- 1 cooked fruit
- Lentil Chili
- Beef and Broccoli Bowl
- Half your body weight in ounces of water
- At least 1 Success Booster