

H-BURN MEAL MAP

Here are your ten 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



Herbed Egg Salad
1 peach



SNACK



DINNER



Skillet Chicken with Fennel and
Walnuts (save half for Day 2 lunch)



AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Herbed Egg Salad
- 1 peach
- Skillet Chicken with Fennel and Walnuts
- Half your body weight in ounces of water
- At least 1 Success Booster

DAY 2

BREAKFAST



SNACK



LUNCH



Leftover Skillet Chicken
with Fennel and Walnuts
1 mango

50%



SNACK



DINNER



Cilantro Shrimp and Green Beans
(freeze half for Day 5 dinner)

100%



AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Skillet Chicken with Fennel and Walnuts
- 1 mango
- Cilantro Shrimp and Green Beans
- Half your body weight in ounces
- At least 1 Success Booster

DAY 3

BREAKFAST



SNACK



LUNCH



Chicken Avocado Salad with
Creamy Coconut-Mango Dressing
2 plums



SNACK



DINNER



Roasted Spaghetti Squash with
Shiitake Mushrooms (save half for
Day 4 lunch)



AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Chicken Avocado Salad with Creamy Coconut-Mango Dressing
- 2 plums
- Roasted Spaghetti Squash with Shiitake Mushrooms
- Half your body weight in ounces of water
- At least 1 Success Booster

DAY 4

BREAKFAST



SNACK



LUNCH



Leftover Roasted Spaghetti
Squash with Shiitake Mushrooms
1 grapefruit

50%



SNACK



DINNER



Roasted Cauliflower and Fish
Defrost Cilantro Shrimp and
Green Beans from Day 2 for
tomorrow's dinner

100%



AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Roasted Spaghetti Squash with Shiitake Mushrooms
- 1 grapefruit
- Roasted Cauliflower and Fish
- Half your body weight in ounces of water
- At least 1 Success Booster

DAY 5

BREAKFAST



SNACK



LUNCH

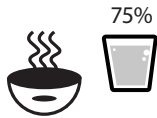


Leftover Roasted Cauliflower
and Fish
1 nectarine

50%



SNACK



DINNER



Leftover Cilantro Shrimp and
Green Beans

100%



AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Roasted Cauliflower and Fish
- 1 nectarine
- Cilantro Shrimp and Green Beans
- Half your body weight in ounces of water
- At least 1 Success Booster

DAY 6

BREAKFAST



SNACK



LUNCH



Tuna Romaine Salad
1 peach



SNACK



DINNER



Stuffed Cabbage Rolls with
Wild Mushroom Sauce
(save half for Day 7 lunch)



AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Tuna Romaine Salad
- 1 peach
- Stuffed Cabbage Rolls with Wild Mushroom Sauce
- Half your body weight in ounces of water
- At least 1 Success Booster

DAY 7

BREAKFAST



SNACK



LUNCH



Leftover Stuffed Cabbage Rolls
with Wild Mushroom Sauce
1 mango



SNACK



DINNER



Rosemary Chicken with
Roasted Veggies
(freeze half for Day 10 dinner)



AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Stuffed Cabbage Rolls with Wild Mushroom Sauce
- 1 mango
- Rosemary Chicken with Roasted Veggies
- Half your body weight in ounces of water
- At least 1 Success Booster

DAY 8

BREAKFAST



SNACK



25%

LUNCH

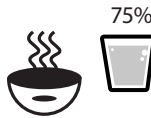


Nori Rolls
2 plums



50%

SNACK



75%

DINNER



Veggie Quiche
(save half for Day 9 lunch)

100%



AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Nori Rolls
- 2 plums
- Veggie Quiche
- Half your body weight in ounces of water
- At least 1 Success Booster

DAY 9

BREAKFAST



SNACK



LUNCH



Leftover Veggie Quiche
1 grapefruit

50%



SNACK



DINNER



Greek-Style Baked Cod
with Artichokes
Defrost the Rosemary Chicken
with Roasted Veggies from Day 7
dinner for tomorrow's dinner.

100%



AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Veggie Quiche
- 1 grapefruit
- Greek-Style Baked Cod with Artichokes
- Half your body weight in ounces of water
- At least 1 Success Booster

DAY 10

BREAKFAST



SNACK



LUNCH



Savoy, Watercress, and
Pomegranate Salad
1 nectarine

50%



SNACK



DINNER



Leftover Rosemary Chicken
with Roasted Veggies

100%



AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Savoy, Watercress, and Pomegranate Salad
- 1 nectarine
- Rosemary Chicken with Roasted Veggies
- Half your body weight in ounces of water
- At least 1 Success Booster