

I-BURN MEAL MAP

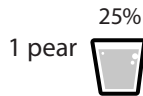
Here are your three days, at a glance. Snap a picture with your phone or make a copy and keep it with you so you always know what to eat.

DAY 1

BREAKFAST



SNACK



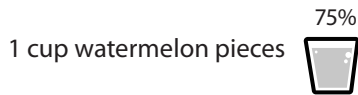
LUNCH



Spinach Avocado Salad
with Watermelon



SNACK



DINNER



Dover Sole with
Roasted Vegetables



AT A GLANCE


- 1 smoothie
- 3 cups tea
- 2 servings soup
- 2 fruits
- Spinach Avocado Salad with Watermelon
- Dover Sole with Roasted Vegetables
- Half your body weight in ounces of water
- At least 1 Success Booster

DAY 2

BREAKFAST




SNACK


1 cup watermelon pieces  25%

LUNCH




Hummus
Coleslaw  50%

SNACK

1 pear  75%

DINNER



Roasted Vegetables
on Zucchini "Pasta"  100%

AT A GLANCE


- 1 smoothie
- 3 cups tea
- 2 servings soup
- 2 fruits
- Hummus Coleslaw
- Roasted Vegetables on Zucchini "Pasta"
- Half your body weight in ounces of water
- At least 1 Success Booster

DAY 3

BREAKFAST



SNACK

1 pink grapefruit with cinnamon  25%


LUNCH



Sardines and Cucumbers



SNACK

1 cup blueberries  75%

DINNER



Mexican Dinner Salad
Cayenne Watermelon

100% 

AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- 2 fruits
- Sardines and Cucumbers
- Mexican Dinner Salad
- Cayenne Watermelon
- Half your body weight in ounces of water
- At least 1 Success Booster