

DESCRIPTION	Protein	Carb	Fat	Total Calories
MEAL ONE (6:30 -7:30am)				
½ cup oatmeal or 1 dannon lite n fit yogurt				
2 egg whites or 1 scoop protein powder				
Strawberries or blueberries or banana or apple				
2 tablespoons flax seed				
MEAL TWO (9:30 – 10:30am)				
2 egg whites				
1 slice Ezekiel bread				
Red peppers, broccoli or other veggies				
MEAL THREE (12:30 - 1:30pm)				
4oz turkey				
1/2 cup brown rice or 1 small sweet potato				
broccoli				
1 tablespoon barbecue sauce				
MEAL FOUR (3:30 - 4:30pm)				
Protein Shake with frozen fruit (strawberries, blueberries or similar)				
MEAL FIVE (6:00 – 7:00pm)				
Green Salad - with Cucumbers, tomatoes, red peppers				
4 oz Turkey Chicken or Fish				
2 tbsp salad dressing				
MEAL SIX Bedtime Snack (9 – 10)				
Protein Pudding or Peanut Butter				

Re-feed day is every 4th day. . . Add 2 things from this list:

- 1 sweet potato - 170 calories
- 1 cup of rice - 150 calories
- 1 slice of pizza – 200 calories (no pepperoni or sausage)

Or any carb of choice on the A or B list.

No granola, No white bread, No High Fructose Corn Syrup, No Cheese, No Milk
 Drink 12 oz of ice cold water with every meal.