

Meal Plan

Day One

Breakfast

Breakfast Burrito (Wheat tortilla)
Two cups water

Snack

Yogurt W/Cottage Cheese

Lunch

Chicken Sandwich
Apple
Water

Snack

Protein Shake
Made with two cups water

Dinner

Lean Steak
Baked Potato (I can't believe its not butter, and Salsa)
Steamed Vegetables
Water

Snack

Fruit
Water

Day Two

Breakfast

Oatmeal W/splenda
Two cups water

Snack

1 slice whole wheat bread w/Tuna (Fat free dressing)
Water

Lunch

Chicken Breast (lemon Pepper)
Steamed Veggies
Rice with a little Soy Sauce and Water

Snack

Protein Shake
Made with two cups water

Dinner

Lean Burger
Baked Potato (I can't believe its not butter, and Salsa)
Steamed Vegetables
Water

Snack

Tuna and Crackers (Fat free Mayo)
Water

Day Three

Breakfast

Two Eggs and 1 whole wheat toast
Two cups water

Snack

Fruit

Lunch

Grilled Fish
Veggies and rice
Water

Snack

Protein Shake
Made with two cups water

Dinner

BBQ Chicken Breast
Rice
Steamed Vegetables
Water

Snack

Yogurt W/Cottage Cheese
Water

Day Four

Breakfast

Oatmeal W/splenda
Two cups water

Snack

Protein Shake
Water

Lunch

Chicken Burrito w/veggies
Water

Snack

Chicken or Tuna and crackers

Dinner

Grilled Salmon
Baked Potato (I can't believe its not butter and Salsa)
Steamed Vegetables
Water

Snack

Fat Free Pudding
Water

Day Five

Breakfast

Egg and Avocado Sandwich
Two cups water

Snack

Fruit

Lunch

Tuna Melt
Fruit
Water

Snack

Protein Shake
Made with two cups water

Dinner

Steak
Veggies
Rice
Water

Snack

Yogurt W/Cottage Cheese
Water

Day Six

Breakfast

Omelet
Two cups water

Snack

Protein Shake
Water

Lunch

BBQ Chicken Sandwich
Water

Snack

Yogurt w/cottage cheese

Dinner

Turkey Burgers
Steamed Vegetables
Water

Snack

Fat Free Pudding
Water

Day Seven

This is a free day. You may eat whatever you want and whenever you want.