

Weekly Suggested Meal Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast (within 30 min of waking)	4 egg whites and one whole egg 1 rice cake	Low Cal/Low Sugar Cereal	4 egg whites and one whole egg 1 rice cake	Oatmeal Banana	4 egg whites and one whole egg 1 rice cake	Low Cal/Low Sugar Cereal	4 egg whites and one whole egg 1 rice cake
Snack 2.5-3.5 hours After breakfast ~100-150 calories	Low-fat Yogurt cup 8 oz	Cottage Cheese cup 1/8 cup almonds	1 packet of tuna 1 rice cake (salted or cheddar) Or 1 svg triscuits	Reduced fat String cheese Half of med/large Grapefruit	4 egg whites and one whole egg 1 rice cake	1/3 cup oatmeal	Raw Veggies and hummus (2 tbs)
Lunch 2.5-3.5 hours After snack	Spinach Salad with veggies and Chicken. No dressing. Lemon and Balsamic	Some kind of low cal/low fat/low sodium soup	Turkey breast (5 oz) Spinach Salad Quinoa	Spinach Salad with veggies and Chicken. No dressing. Lemon and Balsamic	Tilapia (5 oz) Spinach Salad Quinoa (95g)	Chicken (5 oz) Medium sweet potato (4oz) Fries, whole or chips Steamed veggie*	Spinach Salad with veggies and Chicken. No dressing. Lemon and Balsamic
Snack 2.5-3.5 hours After lunch ~100-150 calories	1 med Apple & 2 tbs Reduced fat PB	Low-fat Yogurt cup 8 oz	Protein bar Or nutra-cookie	Raw Veggies and hummus (2 tbs)	1 packet of tuna 1 rice cake (salted or cheddar) Or 1 svg triscuits	Low-fat Yogurt cup 8 oz	Reduced fat String cheese Half of med/large Grapefruit
Dinner 2.5-3.5 hours After snack	Chicken (5 oz) Medium sweet potato (4oz) Fries, whole or chips Steamed veggie*	Tilapia (5 oz) Spinach Salad Quinoa (95g)	4 oz Lean Red Meat (burger, steak) Brown Rice (1/2 cup cooked) Steamed Veggies*	Chicken (5 oz) Fajitas Whole wheat tortillas (2 per person max) Sautéed Peppers/onions Low fat cheese, sour cream, salsa. No more than 1 tbs of cheese and sour cream	Grilled Shrimp Medium sweet potato (4oz) Fries, whole or chips Steamed veggie*	Salmon (4 oz) Asparagus Brown Rice (1/2 cup cooked)	Turkey breast (5 oz) Spinach Salad Quinoa
Snack 2.5-3.5 hours After dinner ~100-150 calories	Protein bar Or nutra-cookie	1 packet of tuna 1 rice cake (salted or cheddar) Or 1 svg triscuits	1/3 cup oatmeal	Raw Veggies and hummus (2 tbs)	3 Hard Boiled Egg whites 1 rice cake	1 cup frozen grapes 1/2 c plain greek yogurt	Cottage Cheese cup 1/8 cup almonds

Non-Challenge



Weekly Suggested Meal Plan – with Shakes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast (within 30 min of waking)	Vi-Shake ~ 250-300 calories	Vi-Shake ~ 250-300 calories	Vi-Shake ~ 250-300 calories	Vi-Shake ~ 250-300 calories	Vi-Shake ~ 250-300 calories	Vi-Shake ~ 250-300 calories	Vi-Shake ~ 250-300 calories
Snack 2.5-3.5 hours After breakfast ~100-150 calories	4 egg whites and one whole egg 1 rice cake	Cottage Cheese cup 1/8 cup almonds	1 packet of tuna 1 rice cake (salted or cheddar) Or 1 svg triscuits	Reduced fat String cheese Half of med/large Grapefruit	4 egg whites and one whole egg 1 rice cake	1/3 cup oatmeal	Raw Veggies and hummus (2 tbls)
Lunch 2.5-3.5 hours After snack	Vi-Shake ~ 250-300 calories	Vi-Shake ~ 250 calories	Vi-Shake ~ 250-300 calories	Vi-Shake ~ 250 calories	Vi-Shake ~ 250-300 calories	Vi-Shake ~ 250 calories	Vi-Shake ~ 250-300 calories
Snack 2.5-3.5 hours After lunch ~100-150 calories	1 med Apple & 2 tbls Reduced fat PB	Low-fat Yogurt cup 8 oz	Protein bar Or nutra-cookie	Raw Veggies and hummus (2 tbls)	1 packet of tuna 1 rice cake (salted or cheddar) Or 1 svg triscuits	Low-fat Yogurt cup 8 oz	Reduced fat String cheese Half of med/large Grapefruit
Dinner 2.5-3.5 hours After snack	Chicken (5 oz) Medium sweet potato (4oz) Fries, whole or chips Steamed veggie*	Tilapia (5 oz) Spinach Salad Quinoa (95g)	4 oz Lean Red Meat (burger, steak) Brown Rice (1/2 cup cooked) Steamed Veggies*	Chicken (5 oz) Fajitas Whole wheat tortillas (2 per person max) Sautéed Peppers/onions Low fat cheese, sour cream, salsa. No more than 1 tbs of cheese and sour cream	Grilled Shrimp Medium sweet potato (4oz) Fries, whole or chips Steamed veggie*	Salmon (4 oz) Asparagus Brown Rice (1/2 cup cooked)	Turkey breast (5 oz) Spinach Salad Quinoa
Snack 2.5-3.5 hours After dinner ~100-150 calories	Protein bar Or nutra-cookie	1 packet of tuna 1 rice cake (salted or cheddar) Or 1 svg triscuits	1/3 cup oatmeal	Raw Veggies and hummus (2 tbls)	3 Hard Boiled Egg whites 1 rice cake	1 cup frozen grapes 1/2 c plain greek yogurt	Cottage Cheese cup 1/8 cup almonds