

Meal Day 1

Breakfast

Organic Eggs – 3
Fresh Bacon or Turkey Sausage Links – 3
Apple or Banana
Water & Lemon for Drink

Snack

LaraBar
Seeds, Almonds, Pistachios, Walnuts
KIND Fruit & Nut Bar
Water

Lunch

Grilled Chicken Salad – No Dressing, instead Vinaigrette
Water & Lemon for Drink

Snack

Celery & Almond Butter
Banana & Almond Butter
Larabar

Dinner

Roasted Chicken
Quinoa
Broccoli
Water & Lemon for Drink

Meal Day 2

Breakfast

1 cup of Chocolate Almond Milk
Whole Wheat English muffin
2 Fried Eggs
3 slices of fresh bacon
1 slice Part Skim Provolone or Mozzarella
Water & Lemon for Drink

Snacks

LaraBar
Seeds, Almonds, Pistachios, Walnuts
KIND Fruit & Nut Bar Almond & Coconut
Water

Lunch

2 Turkey Sausage Dogs
Orange or Banana
Cucumber & Carrots
Sweet Potato Fries
Water & Lemon for Drink

Snack

Cottage Cheese & pineapple/mandarins
Celery & Almond Butter
Banana & Almond Butter
Larabar

Dinner

Chicken Stir Fry
Brown Rice or Quinoa
Water & Lemon for Drink

Meal Day 3

Breakfast

Whole Wheat Waffles – Frozen waffles walmart
Almond Butter & Pure Honey
3 slices of turkey sausage links
Almond Milk chocolate or vanilla

Snacks

Grapefruit
Seeds, Almonds, Pistachios, Walnuts, pumpkin seeds, cashews, macadamia nut, pecan, hazelnuts
KIND Fruit & Nut Bar Almond & Coconut
Water

Lunch

Teriyaki Grilled Chicken
Mixed green Salad
Water & Lemon for Drink
Meal replacement Shake or Bar

Snack

Mixed Veggies
Kiwi
Larabar

Dinner

Turkey Meatballs and Marinara
Spaghetti squash
Broccoli & Cauliflower
Water & Lemon for Drink

Meal Day 4

Breakfast

2 Corn Tortillas
Scramble Mix of Sausage & Eggs
Pico de Gallo and Avocados
Water & Lemon for Drink

Snacks

Grapefruit
Kiwi
Apple slices with almond butter

Lunch

Zucchini Pizza with Mozzarella, sausage & bacon
Orange or Banana
Water & Lemon for Drink
Meal replacement Shake or Bar

Snack

Celery & Almond Butter
Banana & Almond Butter
Kind & Nut Bar

Dinner

Thin Sliced Pork Chops with Bacon
Brown Rice or Quinoa
Grilled Asparagus

Meal Day 5

Breakfast

Organic Eggs – 3
Fresh Bacon or Turkey Sausage Links – 3
Apple or Banana
Water & Lemon for Drink

Snacks

Almonds
Walnuts
Orange or Mango slices

Lunch

Whole Wheat Turkey Sandwich no Mayo
Turkey should be nitrate free too
Sweet Potato Fries and Mixed Salad
Water & Lemon for Drink

Snack

Banana & Almond Butter
Mixed peppers, carrots, celery pack
Kind & Nut Bar

Dinner

Crock pot Turkey breast
Mashed cauliflower
Summer squash with olive oil & garlic salt