

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>b r e a k f a s t</b>	<b>Scrambled Eggs</b> * 8 oz. or more, water * ½ a banana * 1 scrambled egg white, 1 scrambled egg with yolk.	<b>Orange Chicken</b> * 8 oz. or more, water * ½ an orange * ½ cup shredded chicken breast, warm or cold – yes for breakfast.	<b>Smoothie</b> * ½ cup plain fat free yogurt * ½ a banana * 3 frozen pineapple slices * 1 tsp. coconut flavor * 8 oz. or more, water	<b>Scrambled Eggs</b> * 8 oz. or more, water * ½ a banana * 1 scrambled egg white, 1 scrambled egg with yolk.	<b>Orange Chicken</b> * 8 oz. or more, water * ½ an orange * ½ cup shredded chicken breast, warm or cold – yes for breakfast.	<b>Smoothie</b> * ½ cup plain fat free yogurt * ½ a banana * 3 frozen pineapple slices * 1 tsp. coconut flavor * 8 oz. or more, water	<b>Scrambled Eggs</b> * 8 oz. or more, water * ½ a banana * 1 scrambled egg white, 1 scrambled egg with yolk.
<b>s n a c k</b>	* 1 cup fat free flavored yogurt * 8 oz. or more, water	* 1 large apple * 8 oz. or more, water	* 1 large orange * 8 oz. or more, water	* 1 cup fat free flavored yogurt * 8 oz. or more, water	* 1 large apple * 8 oz. or more, water	* 1 large orange * 8 oz. or more, water	* 1 cup fat free flavored yogurt * 8 oz. or more, water
<b>L u n c h</b>	<b>Spicy Chicken &amp; Pasta</b> * ¾ cup spinach pasta(the green colored pasta) * ¼ cup chicken breast chopped * 5 TBS fat free salsa * 8 oz. water * ¼ of an apple	<b>Crunchy Turkey Salad</b> * ½ cup cooked broccoli * ½ bag dry BAKED Ramen Noodles - boiled * ½ bag dry BAKED Ramen Noodles crunched up * ½ cup snow peas * 1 orange chopped * 3 thin slices of peppered turkey lunch meat chopped. * 1 tsp. lite sesame seed dressing, or vinaigrette. * 8 oz. water	<b>Chicken Sandwich</b> * Two slices whole wheat toast * ½ chicken breast * 1 slice low fat cheddar cheese * 10 large spinach leaves * Mustard * 8 oz. water	<b>Peanut Butter Pasta</b> * ¾ cup angel hair pasta - cooked * 1 TBS. low fat peanut butter <i>Mix peanut butter in with warm pasta so it melts</i> * ½ cup broccoli * ¼ of an apple * 8 oz. water	<b>Crunchy Turkey Salad</b> * ½ cup cooked broccoli * ½ bag dry BAKED Ramen Noodles - boiled * ½ bag dry BAKED Ramen Noodles crunched up * ½ cup snow peas * 1 orange chopped * 3 thin slices of peppered turkey lunch meat chopped. * 1 tsp. lite sesame seed dressing, or vinaigrette. * 8 oz. water	<b>Chicken Sandwich</b> * Two slices whole wheat toast * ½ chicken breast * 1 slice low fat cheddar cheese * 10 large spinach leaves * Mustard * 8 oz. water	<b>Spicy Chicken &amp; Pasta</b> * ¾ cup spinach pasta(the green colored pasta) * ¼ cup chicken breast chopped * 5 TBS fat free salsa * 8 oz. water * ¼ of an apple

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>s n a c k</b>	* 1 cup strawberries * 8 oz. water	* 1 large banana * 8 oz. water	* 1 large orange * 8 oz. water	*Large handful leafy spinach * 8 oz. water	* 1 cup strawberries * 8 oz. water	* 1 large orange * 8 oz. water	*Large handful leafy spinach * 8 oz. water
<b>d i n n e r</b>	<b>Summer Salad</b> * 3 oz. chopped chicken breast * ½ cup grapes * ½ cup strawberries * ¼ cup celery – sliced * ½ cup pineapple slices * 1 TBS non-fat ranch dressing * 8 oz. water	<b>Spinach Salad</b> * 1 cup spinach leaves * 2 tangerines, chopped * 5 almonds * 4 thin slices of peppered turkey lunch meat – chopped * ½ cup cooked broccoli * 1 tsp. lite sesame seed dressing or vinaigrette * 8 oz. water	<b>Jamaican Jerk</b> * ¼ lb. ground turkey * 3 mushrooms sliced * 1 cup celery chopped * 2 TBS. Jamaican Jerk Seasoning * 1 cup spinach * 2 tsp. lite vinaigrette <i>Mix all ingredients together</i> * 8 oz. water	<b>Chicken and Veggie’s</b> * 3 oz. grilled chicken breast – shredded * ½ cup cooked broccoli * 3 cooked asparagus * 1thin slice sharp cheddar cheese * ½ cup seedless grapes * 8 oz. water	<b>Spinach Salad</b> * 1 cup spinach leaves * 2 tangerines, chopped * 5 almonds * 4 thin slices of peppered turkey lunch meat – chopped * ½ cup cooked broccoli * 1 tsp. lite sesame seed dressing or vinaigrette * 8 oz. water	<b>Jamaican Jerk</b> * ¼ lb. ground turkey * 3 mushrooms sliced * 1 cup celery chopped * 2 TBS. Jamaican Jerk Seasoning * 1 cup spinach * 2 tsp. lite vinaigrette <i>Mix all ingredients together</i> * 8 oz. water	<b>Chicken and Veggie’s</b> * 3 oz. grilled chicken breast – shredded * ½ cup cooked broccoli * 3 cooked asparagus * 1thin slice sharp cheddar cheese * ½ cup seedless grapes * 8 oz. water
<b>s n a c k</b>	* ½ cup honey blended Greek strained yogurt and 5 almonds * 8 oz. water	* ½ orange * 8 oz. water	* 3 frozen pineapple slices * ½ cup honey blended Greek strained yogurt and 2 almonds  * 8 oz. water	* Large handful leafy spinach * 5 almonds * 8 oz. water	* ½ cup honey blended Greek strained yogurt and 5 almonds * 8 oz. water	* ½ orange * ½ cup honey blended Greek strained yogurt  * 8 oz. water	* 3 frozen pineapple slices * 8 oz. water

**TIPS:**

- Every meal should include at least 8 oz. of water.
- MAIN RULE: if hungry –eat more from the block. This is the minimum for each.
- Lunch is to be finished no later than 1:30pm. If lunch is eaten after 1:30 pm, pasta, or any white carb. portion is to be deleted.

**Daily caloric intake, as well as protein measured in grams.**

<i>1191.5Calories</i> <i>72.1 g. Protein</i>	<i>1208.5 Calories</i> <i>48.2 g. Protein</i>	<i>1286.5 Calories</i> <i>83.9 g. Protein</i>	<i>1186 Calories</i> <i>71.1 g. Protein</i>	<i>1374.5 Calories</i> <i>53.7 g. Protein</i>	<i>1231 Calories</i> <i>84.4 g. Protein</i>	<i>971.5 Calories</i> <i>77.2 g. Protein</i>
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Daily minimum average per week recommended: 1207 calories