

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|---------------------------|---------|----------------------|---------|----------------------|--------------------|-----------------------------|----------|----------------------|---------|----------------------|--------------------|--------------------------|--------|----------------------|
| Breakfast | 1 | Whole Egg | 1 | Whole Egg | 2 | Egg Whites | 1 | Whole Egg | 1 | Whole Egg | 2 | Egg Whites | 1 | Whole Egg |
| | 2 | Egg Whites | 2 | Egg Whites | 1 | Baked Potato | 2 | Egg Whites | 2 | Egg Whites | 1 | Baked Potato | 3 | Egg Whites |
| | 1 | Medium Apple | 1 | Medium Apple | 1 | L-Glutamine Tablet | 1 | Medium Apple | 1 | Medium Apple | 1 | L-Glutamine Tablet | 1 | L-Glutamine Tablet |
| | 1 | L-Glutamine Tablet | 1 | L-Glutamine Tablet | 1 | Multi Vitamin Tablet | 1 | L-Glutamine Tablet | 1 | L-Glutamine Tablet | 1 | Multi Vitamin Tablet | 1 | Multi Vitamin Tablet |
| | 1 | Multi Vitamin Tablet | 1 | Multi Vitamin Tablet | 1 | Potassium Tablet | 1 | Multi Vitamin Tablet | 1 | Multi Vitamin Tablet | 1 | Potassium Tablet | 1 | Potassium Tablet |
| | 1 | Potassium Tablet | 1 | Potassium Tablet | | | 1 | Potassium Tablet | 1 | Potassium Tablet | | | | |
| AM Snack | 1 | Protein Shake | 1 | Protein Shake | 1 | Protein Shake | 1 | Protein Shake | 1 | Protein Shake | 1 | Protein Shake | 1 | Protein Shake |
| | 1 | Flax Seed Oil | 1 | Flax Seed Oil | 1 | Flax Seed Oil | 1 | Flax Seed Oil | 1 | Flax Seed Oil | 1 | Flax Seed Oil | 1 | Flax Seed Oil |
| | | | | | 1 TBSP | Cream of Rice Cereal | | | | | 1 TBSP | Cream of Rice Cereal | | |
| | | | | 1/2 | Banana | | | | | 1/2 | Banana | | | |
| Lunch | 4 oz | Chicken | 4 oz | Chicken | 4 oz | Chicken | 4 oz | Chicken | 4 oz | Chicken | 4 oz | Chicken | 1 | FREE |
| | 1 | Vegetable | 1 | Vegetable | 2 Slices | Bread | 1 | Vegetable | 1 | Vegetable | 2 Slices | Bread | 1 | L-Glutamine Tablet |
| | 1 | Salad | 1 | Salad | 1/2 Cup | Broccoli | 1 | Salad | 1 | Salad | 1/2 Cup | Broccoli | 1 | Potassium Tablet |
| | 1 TBSP | Salad Dressing | 1 TBSP | Salad Dressing | 1 | Medium Apple** | 1 TBSP | Salad Dressing | 1 TBSP | Salad Dressing | 1 | Medium Apple** | | |
| | 1 | L-Glutamine Tablet | 1 | L-Glutamine Tablet | 1 | L-Glutamine Tablet | 1 | L-Glutamine Tablet | 1 | L-Glutamine Tablet | 1 | L-Glutamine Tablet | | |
| | 1 | Potassium Tablet | 1 | Potassium Tablet | 1 | Potassium Tablet | 1 | Potassium Tablet | 1 | Potassium Tablet | 1 | Potassium Tablet | | |
| PM Snack | 1 | Protein Shake | 1 | Protein Shake | 1 | Protein Shake | 1 | Protein Shake | 1 | Protein Shake | 1 | Protein Shake | 1 | FREE |
| | 1 | Flax Seed Oil | 1 | Flax Seed Oil | 1 | Flax Seed Oil | 1 | Flax Seed Oil | 1 | Flax Seed Oil | 1 | Flax Seed Oil | | |
| | 1/2 Cup | Strawberries** | 1/2 Cup | Strawberries** | 1 TBSP | Cream of Rice Cereal | 1/2 Cup | Strawberries** | 1/2 Cup | Strawberries** | 1 TBSP | Cream of Rice Cereal | | |
| | | | | | 1/2 | Banana | | | | | 1/2 | Banana | | |
| Dinner | 4 oz | Chicken | 4 oz | Chicken | 1/2 | Cantaloupe (before meal)*** | 4 oz | Chicken | 4 oz | Chicken | 1/2 | Cantaloupe (before meal) | 1 | FREE |
| | 1 | Vegetable | 1 | Vegetable | 4 oz | Chicken | 1 | Vegetable | 1 | Vegetable | 4 oz | Chicken | 1 | L-Glutamine Tablet |
| | 1 | Salad | 1 | Salad | 1 | Medium Potato | 1 | Salad | 1 | Salad | 1 | Medium Potato | | |
| | 1 TBSP | Salad Dressing | 1 TBSP | Salad Dressing | 1 | Salad | 1 TBSP | Salad Dressing | 1 TBSP | Salad Dressing | 1 | Salad | | |
| | 1 | L-Glutamine Tablet | 1 | L-Glutamine Tablet | 1 TBSP | Salad Dressing | 1 | L-Glutamine Tablet | 1 | L-Glutamine Tablet | 1 TBSP | Salad Dressing | | |
| | | | | 1 | L-Glutamine Tablet | | | | | 1 | L-Glutamine Tablet | | | |
| Post Workout Snack | 1 | Protein Shake | 1 | Protein Shake | 1 | Protein Shake | 1 | Protein Shake | 1 | Protein Shake | 1 | Protein Shake | 1 | Protein Shake |
| | 1 | Flax Seed Oil | 1 | Flax Seed Oil | 1 | Flax Seed Oil | 1 | Flax Seed Oil | 1 | Flax Seed Oil | 1 | Flax Seed Oil | 1 | Flax Seed Oil |
| | 1/2 Cup | Strawberries* | 1/2 Cup | Strawberries* | 1/2 Cup | Strawberries* | 1/2 Cup | Strawberries* | 1/2 Cup | Strawberries* | 1/2 Cup | Strawberries* | | |

Substitutions:

Meat

- 4 oz of Skinless, Boneless Chicken Breast
- 4 oz of Turkey Breast
- 3 oz of Elk Meat
- 4 oz of Tilapia Fish
- 4 oz of Tuna
- 3 oz of 10% Lean Beef Only

Vegetables

- 1 Cup Green Beans
- 1 Cup Broccoli
- 4 Pieces Radish
- 1 Cup Squash (Italian)
- 1 Cup Green Beans
- 1 Cup Chili Peppers
- 1 Cup Bell Peppers
- 6 Stems Asparagus
- 1/2 Cup Artichoke

Carbohydrates

- 1/2 Baked Potato
- 1/2 Yam
- 1 Medium Pancake
- 2 Waffles (small)
- 1/2 Cup Oatmeal
- 1/4 Cup Malt o Meal
- 3/4 Cup Grape Nuts Cereal

Breads

- 2 Slices of Bread
- 1 Large Flour Tortilla
- 1 Pita Pocket
- 1/2 Cup Steamed Brown Rice
- 1/2 Cup Cooked Spaghetti
- 1 TBSP Marinara Sauce, No Meat

Salads

- No Limit of Iceberg Lettuce
- No Limit of Romaine Lettuce
- 1/4 Cup Celery
- 2 Cups Spinach
- 2 Cups Cabbage

- * = Can sub for 1/2 Mixed Berries
- ** = Can Sub for 1 Medium Orange
- *** = Can sub for Papaya Enzymes

Cooking Rules & Seasonings

- NO SALT
- 2 TBSP of Salad Dress
- Broil or Bake all meats
- No frying of any kind
- Eggs are to be Boiled!
- No use of cooking spray or other oils
- Vegetables must be steamed or raw

Daily Requirements

- 1 Gallon of Water
- 2 TBSP per Day of Salad Dressing
- 3 - 1,000mg of L-Glutamine Tablets
- 2 - 100mg of Potassium Tablets
- 1 Multi Vitamin of Choice
- Measure ALL servings
- Eat every 2-3 hours
- NO MEAL SKIPPING