

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
<b>Breakfast</b>	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				
<b>AM Snack</b>	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			
<b>Lunch</b>	4 oz	Chicken	4 oz	Chicken	4 oz	Chicken	4 oz	Chicken	4 oz	Chicken	4 oz	Chicken	1	<b>FREE</b>
	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		
<b>PM Snack</b>	1	Protein Shake	1	Protein Shake	1	Protein Shake	1	Protein Shake	1	Protein Shake	1	Protein Shake	1	<b>FREE</b>
	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 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			
<b>Dinner</b>	4 oz	Chicken	4 oz	Chicken	1/2	Cantaloupe (before meal)***	4 oz	Chicken	4 oz	Chicken	1/2	Cantaloupe (before meal)	1	<b>FREE</b>
	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			
<b>Post Workout Snack</b>	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