# Day 1

**Breakfast:**

3 egg whites 1 full egg

½ cup of oatmeal (cooked) and tbsp of flax seeds

Green tea

**Midmorning:**

Protein Shake –(one scoop)

1 Rice cake with peanut butter…Natural low sodium

**Lunch:**

4oz grilled chicken

½ sweet potato

6 Asparagus

**Midafternoon:**

1 Green Apple

10 Almonds

**Dinner:**

Small salad with cucumbers, tomatoes, green and yellow peppers, with Tuna(in water white tuna over the salad) **and make sure to include small piece of avocado**

**Before bed snack if necessary:**

½ cup of cottage cheese – **fat free** with table spoon of protein

# Day 2

**Breakfast:**

3 egg whites1 full egg

Green tea

**Midmorning:**

Cup of Strawberries with ½ cup of Fat Free Cottage cheese.

Mix some flax seeds with Cottage Cheese

**Lunch:**

4oz of Grilled Flounder or any type of white fish that you like ( Cod, Talapia, flounder)

¼ cup Brown rice

½ cup of green beans or any veggies you like (steamed)

**Midafternoon:**

Protein Shake (add a tsp of flax seeds)

**Dinner:**

4 oz of grilled flounder or any type of white fish

6 asparagus

**Before bed snack if necessary:**

½ cup of cottage cheese – **fat free** with table spoon of protein

# Day 3

**Breakfast:**

Protein pancake: 3 egg whites 1 full egg

1/4 cup of oatmeal mixed with 1tbs of ISOFAST or PROBOLIC….mix and make your pancakes using PAM

Green tea

**Midmorning:**

1 rice cake – Peanut butter – low sodium and natural

6 baby carrots

**Lunch:**

5 oz of Grilled Turkey breast

½ cup steam vegetables (broccoli and baby carrots)

**Midafternoon:**

Protein Shake with tsp of flax seeds

**Dinner:**

5 oz grilled chicken over salad

Green salad with slice tomatoes and cucumbers, green peppers and small amount of avocado

**Before bed snack if necessary:**

2 egg whites – with spinach

# Day 4

**Breakfast:**

3 egg whites 1 full egg

Green tea

**Midmorning:**

1 Green apple with 1tbs of peanut butter low sodium, all natural

**Lunch:**

99% fat free turkey ground beef mix with peppers, onions, tomatoes1 egg white

Using a low fat, low carb whole wheat tortilla make yourself a wrap…you can add lettuce, onions peppers if you want.

**Midafternoon:**

Hand full of Almonds

**Dinner:**

99% fat free turkey ground beef mix with peppers, onions, tomatoes1 egg white

Using a low fat, low carb whole wheat tortilla make yourself a wrap…you can add lettuce, onions peppers if you want.

**Before bed snack if necessary:**

½ cup of cottage cheese – **fat free** with table spoon of protein

# Day 5

**Breakfast:**

½ cup of oatmeal with berries, tsp of flax seeds, table spoon of ISOFAST OR PROBOLIC…you may want to add a little water the protein makes it to thick.

green tea

**Midmorning:**

Fat Free (POWER PAK PUDDING)

10 Almonds

**Lunch:**

5oz of red meat grilled

½ cup of steamed broccoli

**Midafternoon:**

Protein Shake with tsp of flax seeds

**Dinner:**

White Tuna over salad, add 2 boiled eggs to your salad….just the white. With tomatoes, peppers, spinach and small pc of avocado

**Before bed snack if necessary:**

Fat free cottage cheese with protein

# Day 6

**Breakfast:**

3 egg whites, 1 full egg

Green tea

**Midmorning:**

1 banana

10 Almonds

**Lunch:**

5 oz grilled fish…any white fish ( I prefer Cod, Flounder )

½ cup broccoli ¼ sweet potato

**Midafternoon:**

Fat Free yogurt or Greek yogurt with tsp of Protein

**Dinner:**

5 oz grilled Fish (white fish )

6 Asparagus

**Before bed snack if necessary:**

4 egg whites (boiled)

# Day 7

**Breakfast:**

6 Protein pancake: 4 egg whites 1 full egg

¼ cup of oatmeal mixed with 1tbs of ISOFAT….mix and make your pancakes using PAM

Green tea

**Midmorning:**

1 green apple

**Lunch:**

5 oz grilled chicken

½ cup of brown rice

½ cup of veggies(broccoli or Asparagus)

**Midafternoon:**

Tuna pack – if you need to combine with something maybe eat it with 1 rice cake

**Dinner:**

5oz of red meat with 6 asparagus

**Before bed snack if necessary:**

Cottage cheese with flax seeds

Other options for fruit: Blueberries, oranges, pears, strawberries, pineapple. ***You can replace the apple with any of these!***