

WEEK 1	WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
MON PHASE 1			TIME: _____ FROZEN MANGO SMOOTHIE	TIME: _____ WATERMELON 1 CUP	TIME: _____ ITALIAN CHICKEN & WILD RICE 2 CUPS	TIME: _____ STRAWBERRIES 1 CUP	TIME: _____ CHICKEN & BARLEY SOUP 3 CUPS	TYPE: CARDIO _____ LENGTH:	0 0 0 0 D
TUES PHASE 1			TIME: _____ OATMEAL FRUIT SMOOTHIE	TIME: _____ 1 APPLE	TIME: _____ CHICKEN & BARLEY SOUP 3 CUPS	TIME: _____ MANGO 1 CUP	TIME: _____ OPEN-FACE TURKEY SANDWICH	TYPE: CARDIO _____ LENGTH:	0 0 0 0 D
WED PHASE 2			TIME: _____ SPANISH EGG WHITE SCRAMBLE	TIME: _____ TURKEY JERKY	TIME: _____ STUFFED RED BELL PEPPER 1 BELLPEPPER	TIME: _____ SMOKED SALMON & CUCUMBERS	TIME: _____ CHICKEN & VEGGIE SOUP 3 CUPS	TYPE: WEIGHTS _____ LENGTH:	0 0 0 0 D
THURS PHASE 2			TIME: _____ EGG WHITE, SPINACH, MUSHROOM OMELET	TIME: _____ SMOKED SALMON & CUCUMBER	TIME: _____ CHICKEN & VEGGIE SOUP 3 CUPS	TIME: _____ STUFFED MUSHROOMS	TIME: _____ SLICED CHICKEN WRAP	TYPE: WEIGHTS _____ LENGTH:	0 0 0 0 D
FRI PHASE 3			TIME: _____ EGG & TOAST W/ TOMATO & RED ONION	TIME: _____ CREAMY GUACAMOLE	TIME: _____ BAKED SALMON & SWEET POTATOES 6OZ FISH	TIME: _____ ALMOND BUTTER- STUFFED CELERY	TIME: _____ COCONUT CHICKEN CURRY 4OZ MEAT	TYPE: MASSAGE _____ LENGTH:	0 0 0 0 D
SAT PHASE 3			TIME: _____ B & B TOAST	TIME: _____ ALMOND BUTTER- STUFFED CELERY	TIME: _____ COCONUT CHICKEN CURRY 4OZ MEAT	TIME: _____ CREAMY GUACAMOLE	TIME: _____ ROSEMARY PORK ROAST W/ SW POTATO 4OZ MEAT	TYPE: TAI CHI _____ LENGTH:	0 0 0 0 D
SUN PHASE 3			TIME: _____ BERRY NUTTY OATMEAL	TIME: _____ CREAMY GUACAMOLE	TIME: _____ ROSEMARY PORK ROAST W/ SW POTATO 4OZ MEAT	TIME: _____ ALMOND BUTTER- STUFFED CELERY	TIME: _____ SHRIMP & VEGGIE STIR- FRY W/ Q PASTA	TYPE: TAI CHI _____ LENGTH:	0 0 0 0 D