

**B** BEYOND diet

14 DAYS TO A SEXY  
NEW BODY



*Drop Ugly  
Fat In  
2 Weeks  
Flat!!!*

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[www.BeyondDiet.com](http://www.BeyondDiet.com)

Congratulations on taking charge of your health and your weight! You'll find that these meal plans are a great way to get your body started burning off fat in the least amount of time possible!

There are 12 meal plans that follow. Follow meal plans 1-6 and then give yourself a Cheat Day on Day 7. Repeat again for week 2, giving you another Cheat Day on Day 14.

### **Questions and How to use these meal plans**

#### ***What can I eat on my cheat days?***

You can eat whatever you like without gorging yourself. Don't eat until you are overly full at each meal. You can eat whatever foods you would until you are satisfied, just be reasonable. Two slices of pizza is a meal, but a whole pie is not! A slice of cake is a great dessert, not the whole cake! (I think you get the point).

What I do on my cheat days is just eat as I feel like it all day. I don't plan like I would on all my other days and I eat whatever I am craving. For example, I may wake up and make pancakes, have sushi for lunch followed by some cookies, and go out to dinner and choose whatever appeals to me on the menu (including dessert). As you can see, I do not eat with reckless abandon, but I don't plan my healthy meals like I do on the other days of the week.

#### ***What if there is a meal or a food I don't like?***

I understand that each of us has different tastes and that some of these meals may taste great to you while some may not appeal to you at all. You can easily adjust your meals for the day by choosing the breakfasts you like, the snack you like...etc...and mix and match them to create your own meal plans. Each meal is interchangeable. Just don't exchange a breakfast with a lunch or a lunch with a dinner. You can only exchange the same type of meal (breakfast with breakfast, lunch with lunch).

#### ***How do I make these meal plans specific for my calorie needs?***

I have found that 1600 calories of the right food combinations to be a sufficient amount to keep most people from being hungry while simultaneously quickly burning off a lot of body fat. If you feel like you need more food, you can begin by increasing the protein servings by 1 ounce at a time. For example, if lunch calls for 4 oz of salmon, increase it to 5 or 6 if necessary.

Remember also that these meal plans are only to be followed for 2 weeks. So if your calories are a bit lower during this time, that's ok. You will be returning to your Beyond Diet Meal Plans (or possibly starting for the first time) and these 14 days are just a "kick start" to your fat loss goals. You may be a bit hungry or experience some detox symptoms (headaches from sugar withdrawal or digestive changes). Hang in there. You're going to feel amazing in just 2 weeks.

#### ***What can I drink while following these meal plans?***

- 1 Water – ½ of your body weight in ounces of water each day (e.g. if you weight 150 lbs., then 75 oz. of water throughout the course of each day)
- 2 Green Tea – (careful with the caffeine content) sweetened with stevia or xylitol
- 3 Coffee (1 cup per day maximum) sweetened with stevia or xylitol (no milk or creamer)

***What should I do when I complete these 14 days?***

You can either follow the meal plans in the Quick Start Guide or the “Done For You” Meal Plans that came with your Beyond Diet Program. All the information you need to move forward with your weight loss goals are included in the Beyond Diet Program.

\*You may be wondering why I’ve put these meal plans together like I have. Don’t worry, all the answers to your questions can be found quickly and easily in your Beyond Diet Program manual. If after you’ve read through the manual, you still have questions, please email us.

## Cooking suggestions and Isabel's Tips

The following ideas are just suggestions and how I put together my own meals each day. As long as you stay within your serving sizes and use the foods listed, you can put these meals together however is best for you. Remember these are only suggestions.

Below I have explained how I would prepare the meals that are listed in the meal plans provided. I did not include every meal, as some are self explanatory.

### Day 1:

#### Breakfast

I would cook the spinach using coconut oil and then add in the eggs to make a spinach omelet. I would then eat it over the sliced tomato.

#### Lunch

I would broil the salmon seasoned with salt and pepper. I would most likely have done this the night before to have it ready for the next day's lunch. I would have it cold over the salad and use olive oil and lemon as my salad dressing

#### Post Workout

Looking ahead, tomorrow's dinner calls for chicken legs (dark meat chicken) so I would probably bake a whole chicken and use the breast post workout and save some dark meat for the next day. My husband would also eat some so none of it would go to waste.

I would bake the sweet potato in the oven for 45 minutes I would eat the cauliflower raw or lightly steamed.

#### Dinner

You can use the turkey chili recipe in The Recipe Guide or make a burger and top with sliced tomatoes. I would then make a salad of romaine lettuce, carrots and celery. (Make sure to make enough for tomorrow's lunch)

### Day 2:

#### Breakfast

I would make "sausage and peppers". First cook the onions and peppers in coconut oil and then add in your sausage.

#### Lunch

I always like to have my lunch ready the night before and eating leftovers is usually the easiest for me. Lunch will be leftovers from last night.

#### Post Workout

Scramble the egg whites and make an omelet (you can use a small amount of coconut oil to cook). You can add a little bit of salsa to the sandwich if you would like.

#### Dinner

I would have a chicken leg leftover from the chicken I made the day before and I would measure out 4 oz of dark meat. I would make "Green Bean Almondine". Sauté the green beans in coconut oil. Add in the sliced almonds.

### **Day 3:**

#### Post Workout

Put 1 scoop of Protein Powder, water, ice and a banana in the blender to make a Post Workout shake.

#### Dinner

I would use 1 tsp [5 mL] of the coconut oil to cook my turkey burger, 1 tsp to cook the onions and mushrooms and 1 tsp to cook the spinach.

### **Day 4:**

#### Breakfast

I would cut up the chicken and the avocado and serve that over the cauliflower.

#### Lunch

I finely chop 1 celery stalk, 1 carrot and a ¼ red pepper and add that to the tuna fish along with 1 Tbsp [15 mL] of olive oil to make a “no mayo” tuna salad.

### **Day 5:**

#### Lunch

I add garlic powder, oregano, parsley, thyme, salt and pepper to ground buffalo and make meatballs. I cook them in coconut oil. I sauté 2 pieces of garlic and then add the cut up tomato. This will serve as your “sauce”. Serve over spaghetti squash.

#### Post Workout

I add the Protein powder right into the cereal.

### **Day 6:**

#### Lunch

Hard boil 4 eggs. Use 2 whole and the whites from the other 2. Mash them all up and add 1 Tbsp [15 mL] Dijon Mustard and 1 tsp [5 mL] olive oil. You can also add salt and pepper to taste. This is your egg salad. Make a salad and add the beans.

#### Post Workout

I add the protein powder right into the oatmeal and sprinkle a little cinnamon on top.

#### Dinner

I buy “wheat free” soy sauce at the health food store for all my Chinese style recipes. If you can’t find this kind, regular soy sauce is ok. Use 1-2 tsp [5-10 mL] (a little goes a long way).

## Day 1

<b>Food</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Notes</b>
<b>Breakfast</b>					
2 eggs	140	12	0	10	
1/2-1 cup [45-180 g] cooked spinach	25	2	4	0	
1/2 tomato, sliced					
2 tsp [10 mL] Coconut Oil or Olive Oil - you can use either for cooking or eat raw	100			10	
<b>Totals</b>	<b>265</b>	<b>14</b>	<b>4</b>	<b>20</b>	
<b>Snack</b>					
1 ounce [28 g] almonds (20-24)	170	6	5	15	
<b>Totals</b>	<b>170</b>	<b>6</b>	<b>5</b>	<b>15</b>	
<b>Lunch</b>					
4 oz [112 g] cooked salmon	200	28		8	
1/2 cup [38 g] chick peas or kidney beans	80		20	1	
Raw vegetables made into salad (Lettuce, spinach, cucumbers, celery, peppers)					
2 tsp [10 mL] extra virgin olive oil and vinegar or lemon to dress the salad.	100			10	
<b>Totals</b>	<b>380</b>	<b>28</b>	<b>20</b>	<b>19</b>	
<b>Post Workout</b>					
4 oz [112 g] lean chicken or turkey breast	200	36		4	
1 cup [100 g] cooked broccoli or cauliflower	60	4		12	
4 oz [112 g] sweet potato	100	4	24		
<b>Totals</b>	<b>360</b>	<b>44</b>	<b>24</b>	<b>16</b>	
<b>Dinner</b>					
4 oz [112 g] lean beef (85% lean) or ground turkey	260	28		16	
Tomatoes, onions, carrots, celery (can be used to make chili, toppings for a burger, or a salad)	60		15		
2 tsp [10 mL] extra virgin olive oil + lemon (used as dressing over veggies or to cook veggies for chili)	100			10	
<b>Totals</b>	<b>420</b>	<b>28</b>	<b>15</b>	<b>26</b>	
<b>Totals</b>	<b>1595</b>	<b>120</b>	<b>68</b>	<b>96</b>	

## Day 2

<b>Food</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Notes</b>
<b>Breakfast</b>					
3 oz [84 g] chicken or turkey sausage	180	12	6	12	
1 cup [100 g] onions and peppers - cooked	70	3	15		
2 tsp [10 mL] Coconut Oil or Olive Oil - you can use either for cooking or eat raw	100			10	
<b>Totals</b>	<b>350</b>	<b>15</b>	<b>21</b>	<b>32</b>	
<b>Snack</b>					
2 Tbsp [28 g] Walnut butter	205	5	5	19	
3 ounces [85 g] Baby carrots	30		6		
<b>Totals</b>	<b>235</b>	<b>5</b>	<b>11</b>	<b>19</b>	
<b>Lunch</b>					
4 oz [112 g] lean beef (85% lean) or ground dark turkey	260	28		16	
Tomatoes, onions, carrots, celery (can be used to make chili, toppings for a burger or a salad)	60		15		
2 tsp [10 mL] extra virgin olive oil + lemon (used as dressing over veggies or to cooke veggies for chili)	100			10	
<b>Totals</b>	<b>420</b>	<b>28</b>	<b>15</b>	<b>26</b>	
<b>Post Workout</b>					
5 egg whites	100	20		1	
1/2 tomato sliced	20	1	4		
2 slices sprouted whole grain, rice or spelt bread (Egg Sandwich)	160	10	30	3	
<b>Totals</b>	<b>280</b>	<b>31</b>	<b>34</b>	<b>4</b>	
<b>Dinner</b>					
4 oz [112 g] chicken drumsticks (measure meat cooked off the bone) or 4 oz [112 g] cooked salmon	200	32		8	
2 oz [57 g] green beans	20	2	4		
with 1/2 oz [14 g] sliced almonds (10 -12) see recipe	85	3	2	8	
1/2 Cucumber and 1/2 tomato salad	20		5		
2 tsp [10 mL] extra virgin olive oil + lemon (can be used as dressing for salad)	100			10	
<b>Totals</b>	<b>425</b>	<b>37</b>	<b>11</b>	<b>26</b>	
<b>Totals</b>	<b>1710</b>	<b>116</b>	<b>95</b>	<b>97</b>	

### Day 3

<b>Food</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Notes</b>
<b>Breakfast</b>					
3 slices turkey bacon	105	18		5	
1 slice sprouted whole grain, rice or spelt bread	80	5	15	1	
1/2 tomato sliced	20	1	4		
<b>Totals</b>	<b>205</b>	<b>24</b>	<b>19</b>	<b>6</b>	
<b>Snack</b>					
1 ounce [28 g] brazil nuts (6-8) or macadamias (10-12)	190	4	3	20	
<b>Totals</b>	<b>190</b>	<b>4</b>	<b>3</b>	<b>20</b>	
<b>Lunch</b>					
4 oz [112 g] grilled shrimp or scallops	120	24			
2 oz [57 g] Avocado	100	1	2	8	
Raw vegetables made into salad (Lettuce, spinach, cucumbers, celery, peppers)					
2 tsp [10 mL] extra virgin olive oil and vinegar or lemon to dress the salad.	100			10	
1 small green apple	75				
<b>Totals</b>	<b>395</b>	<b>25</b>	<b>23</b>	<b>18</b>	
<b>Post Workout</b>					
1 scoop Prograde Protein - Mix with water and ice	120	24	2	1	
1 banana or 1 large apple (shake)	120	1	30		
<b>Totals</b>	<b>240</b>	<b>25</b>	<b>32</b>	<b>1</b>	
<b>Dinner</b>					
4 oz [112 g] ground turkey (dark meat) to use for turkey burger	250	32		16	
Top with sauteed onions and mushrooms	40		10		
Over 1/2-1 cup [90-180 g] sauteed spinach or kale	25	2	4		
1 Tbsp [15 mL] extra virgin olive oil or coconut oil	140			15	
<b>Totals</b>	<b>455</b>	<b>34</b>	<b>14</b>	<b>31</b>	
<b>Totals</b>	<b>1485</b>	<b>112</b>	<b>91</b>	<b>76</b>	

## Day 4

<b>Food</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Notes</b>
<b>Breakfast</b>					
3 oz [84 g] leftover chicken leg	105	18		5	
1 cup [100 g] steamed cauliflower	30		6		
2 oz [57 g] Avocado	100	1	2	8	
<b>Totals</b>	<b>235</b>	<b>19</b>	<b>8</b>	<b>13</b>	
<b>Snack</b>					
2 Tbsp [28 g] Almond butter	190	8	6	17	
Baby carrots	30		6		
<b>Totals</b>	<b>220</b>	<b>8</b>	<b>12</b>	<b>17</b>	
<b>Lunch</b>					
4 oz [112 g] canned tuna or salmon	120	24			
lettuce and 1/2 tomato	20		5		
2 slices sprouted whole grain, rice or spelt bread (sandwich)	160	10	13	18	
<b>Totals</b>	<b>300</b>	<b>34</b>	<b>18</b>	<b>18</b>	
<b>Post Workout</b>					
4 oz [112 g] sliced turkey or chicken breast	160	32		1	
1/2 tomato sliced	20	1	4		
2 slices sprouted whole grain, rice or spelt bread (sandwich)	160	10	30	3	
<b>Totals</b>	<b>340</b>	<b>43</b>	<b>34</b>	<b>4</b>	
<b>Dinner</b>					
4 oz [112 g] chicken legs (meat from leg and thigh) or 4 oz [112 g] pork loin	250	32		16	
1 cup [100 g] sauteed garlic broccoli	50		12		
Salad - Romaine lettuce, celery, peppers, cucumbers	25	2	4		
1 Tbsp [15 mL] extra virgin olive oil or coconut oil (use for cooking and as dressing for salad)	140			15	
<b>Totals</b>	<b>465</b>	<b>34</b>	<b>16</b>	<b>31</b>	
<b>Totals</b>	<b>1560</b>	<b>138</b>	<b>88</b>	<b>83</b>	

## Day 5

<b>Food</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Notes</b>
<b>Breakfast</b>					
3 oz [84 g] leftover chicken leg	105	18		5	
1/2 - 1 cup [50-100 g] sauteed spinach	25	2	4	1	
1 tsp [5 mL] coconut oil or extra virgin olive oil (for cooking or raw over greens)	50			5	
1 small green apple	75		21		
<b>Totals</b>	<b>255</b>	<b>20</b>	<b>25</b>	<b>11</b>	
<b>Snack</b>					
1/4 cup [34 g] pumpkin seeds	180	9	4	14	
<b>Totals</b>	<b>180</b>	<b>9</b>	<b>4</b>	<b>14</b>	
<b>Lunch</b>					
4 oz [112 g] ground buffalo (made into meatballs)	160	31		4	
sauteed garlic tomatoes (1 whole tomato)	40	2	8		
1 cup [155 g] cooked spaghetti squash	50		8		
2 tsp [10 mL] coconut oil or extra virgin olive oil (to use for cooking or raw)	100				
1 small green apple	75		21		
<b>Totals</b>	<b>425</b>	<b>33</b>	<b>37</b>	<b>14</b>	
<b>Post Workout</b>					
1 scoop Prograde Protein - Mix with water and ice	120	24	2	1	
1 cup [156 g] cooked rice cereal (hot cereal made from rice)	130	3	28		
<b>Totals</b>	<b>250</b>	<b>27</b>	<b>30</b>	<b>1</b>	
<b>Dinner</b>					
5 oz [142 g] broiled Mahi Mahi or Tilapia	150	28		2	
2 oz [57 g] Avocado	100	1	2	8	
1 cup [100 g] steamed cauliflower or broccoli	30		6		
Large green salad (romaine lettuce, cucumbers, celery, green peppers)	25	2	4		
1 Tbsp [5 mL] extra virgin olive oil or coconut oil	140				
<b>Totals</b>	<b>445</b>	<b>31</b>	<b>12</b>	<b>25</b>	
<b>Totals</b>	<b>1555</b>	<b>120</b>	<b>108</b>	<b>65</b>	

## Day 6

<b>Food</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Notes</b>
<b>Breakfast</b>					
3 medium slices pork bacon	150	9		12	
1 egg	70	6		5	
1 tomato (sliced)	40	2	8		
<b>Totals</b>	<b>260</b>	<b>17</b>	<b>8</b>	<b>17</b>	
<b>Snack</b>					
1 oz [28 g] raw walnuts (14 halves) or pecans (18-20 halves)	200	4	2	20	
<b>Totals</b>	<b>200</b>	<b>4</b>	<b>2</b>	<b>20</b>	
<b>Lunch</b>					
2 whole eggs + 2 egg whites (to make egg salad) - 1 Tbsp [15 mL] Dijon Mustard for egg salad	175	20		10	
Large green salad (lettuce, cucumbers, celery, peppers, carrots)	25	2	4		
3 tsp [15 mL] extra virgin olive oil (1 tsp [5 mL] in egg salad, 2 tsp [10 mL] for salad dressing) + vinegar	140			15	
1/2 cup [76 g] chick peas or kidney beans	80		20	1	
<b>Totals</b>	<b>420</b>	<b>22</b>	<b>24</b>	<b>26</b>	
<b>Post Workout</b>					
1 scoop Prograde Protein or 5 egg whites	120	24	2	1	
1/2 cup dry oatmeal (make with water) add cinnamon to taste	150	5	28	3	
<b>Totals</b>	<b>270</b>	<b>29</b>	<b>30</b>	<b>4</b>	
<b>Dinner</b>					
5 oz [142 g] cooked chicken breast	150	35		2	
Chinese stir fry vegetables (broccoli, onions, peppers green beans) + wheat free soy sauce	50		12		
Tomato and cucumber salad (1/2 tomato + 1/2 cucumber)	30		6		
1 Tbsp (3 tsp) extra virgin olive oil or coconut oil (1 tsp [5 mL] to cook, 2 tsp [10 mL] for salad dressing)	40		10		
<b>Totals</b>	<b>410</b>	<b>35</b>	<b>28</b>	<b>17</b>	
<b>Totals</b>	<b>1560</b>	<b>107</b>	<b>92</b>	<b>84</b>	

## Day 7

### Cheat Day

#### *What can I eat on my cheat days?*

You can eat whatever you like without gorging yourself. Don't eat until you are overly full at each meal. You can eat whatever foods you would until you are satisfied, just be reasonable. Two slices of pizza is a meal, but a whole pie is not! A slice of cake is a great dessert, not the whole cake! (I think you get the point).

What I do on my cheat days is just eat as I feel like it all day. I don't plan like I would on all my other days and I eat whatever I am craving. For example, I may wake up and make pancakes, have sushi for lunch followed by some cookies, and go out to dinner and choose whatever appeals to me on the menu (including dessert). As you can see, I do not eat with reckless abandon, but I don't plan my healthy meals like I do on the other days of the week.

## Day 8

<b>Food</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Notes</b>
<b>Breakfast</b>					
2 eggs	140	12		10	
1/2-1 cup [90-180 g] cooked spinach, 1/2 tomato, sliced	25	2	4		
2 tsp [10 mL] Coconut Oil or Olive Oil - you can use either for cooking or eat raw	100			10	
<b>Totals</b>	<b>265</b>	<b>14</b>	<b>4</b>	<b>20</b>	
<b>Snack</b>					
1 ounce [28 g] almonds (20-24)	170	6	5	15	
<b>Totals</b>	<b>170</b>	<b>6</b>	<b>5</b>	<b>15</b>	
<b>Lunch</b>					
4 oz [112 g] cooked salmon	200	28		8	
1/2 cup [38 g] chick peas or kidney beans	80		20	1	
Raw vegetables made into salad (Lettuce, spinach, cucumbers, celery, peppers)					
2 tsp [10 mL] extra virgin olive oil and vinegar or lemon to dress the salad	100			10	
<b>Totals</b>	<b>380</b>	<b>28</b>	<b>20</b>	<b>19</b>	
<b>Post Workout</b>					
4 oz [112 g] lean chicken or turkey breast	200	36		4	
1 cup [90 g] cooked broccoli or cauliflower	60	4		12	
1 large apple	100		25		
<b>Totals</b>	<b>360</b>	<b>40</b>	<b>25</b>	<b>16</b>	
<b>Dinner</b>					
4 oz [112 g] lean beef (85% lean) or ground turkey	260	28		16	
Tomatoes, onions, carrots, celery (can be used to make chili, toppings for a burger or a salad)	60		15		
2 tsp [10 mL] extra virgin olive oil + lemon (use as dressing over veggies or to cook veggies for chili)	100			10	
<b>Totals</b>	<b>420</b>	<b>28</b>	<b>15</b>	<b>26</b>	
<b>Totals</b>	<b>1595</b>	<b>116</b>	<b>69</b>	<b>96</b>	

## Day 9

<b>Food</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Notes</b>
<b>Breakfast</b>					
3 oz [84 g] chicken or turkey sausage	180	12	6	12	
1 cup [184 g] onions and peppers - cooked	70	3	15		
2 tsp [10 mL] Coconut Oil or Olive Oil - you can use either for cooking or eat raw	100			10	
<b>Totals</b>	<b>350</b>	<b>15</b>	<b>24</b>	<b>22</b>	
<b>Snack</b>					
2 Tbsp [28 g] Walnut butter	205	5	5	19	
Baby carrots					
<b>Totals</b>	<b>205</b>	<b>5</b>	<b>5</b>	<b>19</b>	
<b>Lunch</b>					
4 oz [112 g] lean beef (85% lean) or ground dark turkey	260	28		16	
Tomatoes, onions, carrots, celery (can be used to make chili, toppings for a burger or a salad)	60		15		
2 tsp [10 mL] extra virgin olive oil + lemon (use as dressing over veggies or to cook veggies for chili)	100			10	
<b>Totals</b>	<b>420</b>	<b>28</b>	<b>15</b>	<b>26</b>	
<b>Post Workout</b>					
5 egg whites	100	20		1	
spinach, mushrooms, tomatoes (veggie omelete)	40		10		
1/2 banana	60		15		
<b>Totals</b>	<b>200</b>	<b>20</b>	<b>25</b>	<b>1</b>	
<b>Dinner</b>					
4 oz [112 g] chicken drumsticks (measure meat cooked off the bone) or 4 oz [112 g] cooked salmon	200	32		8	
2 oz [57 g] Green beans	20	2	4		
with 1/2 oz [14 g] sliced almonds (10 -12) see recipe	85	3	2	8	
1/2 Cucumber and 1/2 tomato salad	20		5		
2 tsp [10 mL] extra virgin olive oil + lemon (can be used for dressing for salad)	100				
<b>Totals</b>	<b>425</b>	<b>37</b>	<b>11</b>	<b>26</b>	
<b>Totals</b>	<b>1600</b>	<b>105</b>	<b>80</b>	<b>94</b>	

## Day 10

<b>Food</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Notes</b>
<b>Breakfast</b>					
3 slices turkey bacon	105	18		5	
1 slice sprouted whole grain, rice or spelt or bread	80	5	15	1	
1/2 tomato sliced	20	1	4		
<b>Totals</b>	<b>205</b>	<b>24</b>	<b>19</b>	<b>6</b>	
<b>Snack</b>					
1 ounce [28 g] brazil nuts (6-8) or macadamias (10-12)	190	4	3	20	
<b>Totals</b>	<b>190</b>	<b>4</b>	<b>3</b>	<b>20</b>	
<b>Lunch</b>					
4 oz [112 g] grilled shrimp or scallops	120	24			
2 oz [57 g] Avocado	100	1	2	8	
Raw vegetables made into salad (Lettuce, spinach, cucumbers, celery, peppers)					
2 tsp [10 mL] extra virgin olive oil and vinegar or lemon to dress the salad	100			10	
1 small green apple	75				
<b>Totals</b>	<b>395</b>	<b>25</b>	<b>23</b>	<b>18</b>	
<b>Post Workout</b>					
1 scoop Prograde Protein Mix with water and ice	120	24	2	1	
1 banana or 1 large apple (shake)	120	1	30		
<b>Totals</b>	<b>240</b>	<b>25</b>	<b>32</b>	<b>1</b>	
<b>Dinner</b>					
5 oz [140 g] ground turkey (dark meat) to use for turkey burger	300	40		16	
Top with sauteed onions and mushrooms	40		10		
Over 1/2-1 cup [90-180 g] sauteed spinach or kale	25	2	4		
1 Tbsp [15 mL] extra virgin olive oil or coconut oil	140			15	
<b>Totals</b>	<b>505</b>	<b>42</b>	<b>14</b>	<b>31</b>	
<b>Totals</b>	<b>1535</b>	<b>120</b>	<b>91</b>	<b>76</b>	

## Day 11

<b>Food</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Notes</b>
<b>Breakfast</b>					
2 soft boiled eggs (or hard boiled)	105	18		5	
1 cup [100 g] steamed cauliflower	30		6		
2 oz [57 g] Avocado	100	1	2	8	
<b>Totals</b>	<b>235</b>	<b>19</b>	<b>8</b>	<b>13</b>	
<b>Snack</b>					
2 Tbsp [28 g] Almond butter	190	8	6	17	
3 ounces [85 g] baby carrots	30		6		
<b>Totals</b>	<b>220</b>	<b>8</b>	<b>12</b>	<b>17</b>	
<b>Lunch</b>					
4 oz [112 g] canned tuna or salmon	120	24			
chopped celery, carrots and peppers added to fish	20		5		
1 Tbsp [15 mL] extra virgin olive oil added to tuna (veggie tuna or salmon salad) - Serve over romaine lettuce	140			18	
1 cup [166 g] sliced strawberries	50		13		
<b>Totals</b>	<b>330</b>	<b>24</b>	<b>18</b>	<b>18</b>	
<b>Post Workout</b>					
4 oz [112 g] sliced turkey or chicken breast	160	32		1	
1 cup [90 g] cooked broccoli or cauliflower	60	4		12	
1 large apple	100		25		
<b>Totals</b>	<b>320</b>	<b>36</b>	<b>25</b>	<b>13</b>	
<b>Dinner</b>					
4 oz [112 g] chicken legs (meat from leg and thigh) or 4 oz pork loin	250	32		16	
1 cup [100 g] sauteed garlic broccoli	50		12		
Salad - Romaine lettuce, celery, peppers, cucumbers	25	2	4		
1 Tbsp [15 mL] extra virgin olive oil or coconut oil (use for cooking and as dressing for salad)	140			15	
<b>Totals</b>	<b>465</b>	<b>34</b>	<b>16</b>	<b>31</b>	
<b>Totals</b>	<b>1570</b>	<b>121</b>	<b>79</b>	<b>92</b>	

## Day 12

<b>Food</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Notes</b>
<b>Breakfast</b>					
3 oz [84 g] leftover chicken leg	105	18		5	
1/2 - 1 cup [50-100 g] sauteed spinach	25	2	4	1	
1 tsp [5 mL] coconut oil or extra virgin olive oil (for cooking or raw over greens)	50			5	
1 small green apple	75		21		
<b>Totals</b>	<b>255</b>	<b>20</b>	<b>25</b>	<b>11</b>	
<b>Snack</b>					
1/4 cup [34 g] pumpkin seeds	180	9	4	14	
<b>Totals</b>	<b>180</b>	<b>9</b>	<b>4</b>	<b>14</b>	
<b>Lunch</b>					
4 oz [112 g] ground buffalo (made into meatballs)	160	31		4	
sauteed garlic tomatoes (1 whole tomato)	40	2	8		
1 cup [155 g] cooked spaghetti squash	50		8		
2 tsp [10 mL] coconut oil or extra virgin olive oil (to use for cooking or raw)	100			10	
1 small green apple	75				
<b>Totals</b>	<b>425</b>	<b>33</b>	<b>37</b>	<b>14</b>	
<b>Post Workout</b>					
1 scoop Prograde Protein	120	24	2	1	
1 Tbsp [14 g] Almond Butter	90	4	3	9	
1 cup [155 g] sliced strawberries or blueberries	50		13		
<b>Totals</b>	<b>260</b>	<b>28</b>	<b>18</b>	<b>10</b>	
<b>Dinner</b>					
5 oz [140 g] broiled Mahi Mahi or Tilapia	150	28		2	
2 oz [57 g] Avocado	100	1	2	8	
1 cup [100 g] steamed cauliflower or broccoli	30		6		
Large green salad (romaine lettuce, cucumbers, celery, green peppers)	25	2	4		
1 Tbsp [15 mL] extra virgin olive oil or coconut oil	140				
<b>Totals</b>	<b>445</b>	<b>31</b>	<b>12</b>	<b>25</b>	
<b>Totals</b>	<b>1565</b>	<b>121</b>	<b>96</b>	<b>74</b>	

## Day 13

<b>Food</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Notes</b>
<b>Breakfast</b>					
3 medium slices pork bacon	150	9		12	
1 egg	70	6		5	
1 tomato (sliced)	40	2	8		
<b>Totals</b>	<b>260</b>	<b>17</b>	<b>8</b>	<b>17</b>	
<b>Snack</b>					
1 oz [28 g] raw walnuts (14 halves) or pecans (18-20 halves)	200	4	2	20	
<b>Totals</b>	<b>200</b>	<b>4</b>	<b>2</b>	<b>20</b>	
<b>Lunch</b>					
2 whole eggs + 2 egg whites (to make egg salad) - 1 Tbsp Dijon Mustard for egg salad	175	20		10	
Large salad - Lettuce, cucumbers, celery, peppers, carrots	25	2	4		
3 tsp [15 mL] extra virgin olive oil (1 tsp [5 mL] in egg salad 2 tsp [10 mL] for salad dressing) + vinegar	140			15	
1/2 cup [38 g] chick peas or kidney beans	80		20	1	
<b>Totals</b>	<b>420</b>	<b>22</b>	<b>24</b>	<b>26</b>	
<b>Post Workout</b>					
4 oz [112 g] sliced turkey breast	160	32		1	
Romaine lettuce leaves (make turkey, lettuce wraps)					
1 Tbsp [15 mL] Dijon Mustard for wraps					
1 large apple	100		25		
<b>Totals</b>	<b>260</b>	<b>32</b>	<b>25</b>	<b>1</b>	
<b>Dinner</b>					
5 oz [140 g] cooked chicken breast	150	35		2	
Chinese stir fry vegetables (broccoli, onions, peppers green beans) + wheat free soy sauce	80		18		
Tomato and cucumber salad (1/2 tomato + 1/2 cucumber)	40		10		
1 Tbsp [15 mL] extra virgin olive oil or coconut oil (1 tsp [5 mL] to cook, 2 tsp [10 mL] for salad dressing)	140				
<b>Totals</b>	<b>410</b>	<b>35</b>	<b>28</b>	<b>17</b>	
<b>Totals</b>	<b>1550</b>	<b>110</b>	<b>87</b>	<b>81</b>	

## Day 14

### Cheat Day

#### ***What can I eat on my cheat days?***

You can eat whatever you like without gorging yourself. Don't eat until you are overly full at each meal. You can eat whatever foods you would until you are satisfied, just be reasonable. Two slices of pizza is a meal, but a whole pie is not! A slice of cake is a great dessert, not the whole cake! (I think you get the point).

What I do on my cheat days is just eat as I feel like it all day. I don't plan like I would on all my other days and I eat whatever I am craving. For example, I may wake up and make pancakes, have sushi for lunch followed by some cookies, and go out to dinner and choose whatever appeals to me on the menu (including dessert). As you can see, I do not eat with reckless abandon, but I don't plan my healthy meals like I do on the other days of the week.

# Grocery Shopping Guide

## Week 1 - Days 1 through 6

(\*Some products purchased during week 1 will be left over to use for week 2)

Produce	Amount	Notes	Buy Online - Recommended Items
Lettuce	1 Head	Small	<i>*Online shopping not recommended for perishable items</i>
Romain Lettuce	3 Pack		
Spinach	1 Package	6 cups [180 g]	
Tomato	6	Medium	
Cucumber	3	Medium	
Peppers	4	Medium	
Celery	8	Large Stalks	
Carrots	6-8	Large	
Onion	1	Medium	
Green Beans	1/2 lb [227 g]		
Mushrooms	1/4 lb [113 g]		
Broccoli	1 lb [454 g]		
Cauliflower	1/4 lb [113 g]		
Sweet Potato	1	1/2 lb [227 g]	
Spaghetti Squash	1		
Avocado	1	1/2 lb [227 g]	
Apple (Green)	3	Medium	
Banana	1	Medium	
Strawberries	1 Small Package	1 cup [150 g]	
Lemon	2	Medium to Large	

Meat & Seafood	Amount	Notes	Buy Online - Recommended Items
Chicken Breast	1 lb [454 g]	or Turkey Breast	<a href="http://chicken.grasslandmeats.com">http://chicken.grasslandmeats.com</a>
Chicken Legs	1/2 lb [227 g]	or Pork Loin	<a href="http://drumsticks.grasslandmeats.com">http://drumsticks.grasslandmeats.com</a> <a href="http://porkloin.grasslandmeats.com">http://porkloin.grasslandmeats.com</a>
Chicken Sausage	1 Package	or Turkey Sausage	<a href="http://chickenapplesausage.grasslandmeats.com">http://chickenapplesausage.grasslandmeats.com</a> <a href="http://fetaspinachsausagesausage.grasslandmeats.com">http://fetaspinachsausagesausage.grasslandmeats.com</a>
Turkey Bacon	6 slices	or Pork Bacon	<a href="http://bacon.grasslandmeats.com">http://bacon.grasslandmeats.com</a>
Ground Turkey	1/4 lb [113 g]	Dark Meat	<a href="http://groundturkey.grasslandmeats.com">http://groundturkey.grasslandmeats.com</a>
Sliced Turkey	1/4 lb [113 g]	or Chicken Breast	
Ground Beef	1/2 lb [227 g]	or Ground Turkey	<a href="http://groundbeef.grasslandsmeat.com">http://groundbeef.grasslandsmeat.com</a>
Ground Buffalo	1/4 lb [113 g]		<a href="http://bison.grasslandmeats.com">http://bison.grasslandmeats.com</a>
Canned Tuna	4 oz. [113 g]	or Canned Salmon	<a href="http://tuna.vitalchoiceorganics.com">http://tuna.vitalchoiceorganics.com</a>
Salmon	1/2 lb [227 g]		<a href="http://salmon.vitalchoiceorganics.com">http://salmon.vitalchoiceorganics.com</a>
Shrimp	1/4 lb [113 g]	or Scallops	<a href="http://shrimp.vitalchoiceorganics.com">http://shrimp.vitalchoiceorganics.com</a> <a href="http://scallops.vitalchoiceorganics.com">http://scallops.vitalchoiceorganics.com</a>
Mahi Mahi	5 oz [140 g]	or Tilapia	

<b>Dairy</b>	<b>Amount</b>	<b>Notes</b>	<b>Buy Online - Recommended Items</b>
Eggs	2 Dozen	19 Medium	

<b>Nuts, Seeds, Butters and Beans</b>	<b>Amount</b>	<b>Notes</b>	<b>Buy Online - Recommended Items</b>
Almonds	2 oz [56 g] Whole and 1 oz [28 g] Sliced	1 oz = 1/16 lb	<a href="http://almonds.truefoodsmkt.com">http://almonds.truefoodsmkt.com</a>
Brazil Nuts	1/8 lb [56 g]	or Macadamias	<a href="http://brazilnuts.truefoodsmkt.com">http://brazilnuts.truefoodsmkt.com</a>
Raw Walnuts	1/8 lb [56 g]		<a href="http://walnuts.truefoodsmkt.com">http://walnuts.truefoodsmkt.com</a>
Pumpkin Seeds	8 oz. [224 g]		<a href="http://pumpkinseeds.truefoodsmkt.com">http://pumpkinseeds.truefoodsmkt.com</a>
Almond Butter	1 Jar	and/or Walnut Butter	<a href="http://almond butter.truefoodsmkt.com">http://almond butter.truefoodsmkt.com</a>
Chick Peas	2 cups [152 g]	or Kidney Beans	<a href="http://chickpeas.truefoodsmkt.com">http://chickpeas.truefoodsmkt.com</a> <a href="http://kidneybeans.truefoodsmkt.com">http://kidneybeans.truefoodsmkt.com</a>

<b>Breads and Grains</b>	<b>Amount</b>	<b>Notes</b>	<b>Buy Online - Recommended Items</b>
Sliced Bread	1 Small Loaf	Sprouted Grain, Rice or Spelt	
Rice Cereal			
Oatmeal		Dry	<a href="http://oatmeal.truefoodsmkt.com">http://oatmeal.truefoodsmkt.com</a>

<b>Condiments and Other</b>	<b>Amount</b>	<b>Notes</b>	<b>Buy Online - Recommended Items</b>
Coconut Oil	1		<a href="http://coconutoil.truefoodsmkt.com">http://coconutoil.truefoodsmkt.com</a>
Extra Virgin Olive Oil	1		<a href="http://oliveoil.truefoodsmkt.com">http://oliveoil.truefoodsmkt.com</a>
Vinegar	1		<a href="http://vinegar.truefoodsmkt.com">http://vinegar.truefoodsmkt.com</a>
Soy Sauce	1	Wheat Free	<a href="http://soysauce.truefoodsmkt.com">http://soysauce.truefoodsmkt.com</a>
Dijon Mustard	1		<a href="http://dijonmustard.truefoodsmkt.com">http://dijonmustard.truefoodsmkt.com</a>
Garlic Seasoning	1		<a href="http://garlic.truefoodsmkt.com">http://garlic.truefoodsmkt.com</a>
Cinnamon	1		<a href="http://cinnamon.truefoodsmkt.com">http://cinnamon.truefoodsmkt.com</a>
Protein Powder	1		<a href="http://proteinpowder.getprograde.net">http://proteinpowder.getprograde.net</a>

## Grocery Shopping Guide

### Week 2 - Days 8 through 13

Produce	Amount	Notes	Buy Online - Recommended Items
Lettuce	1 Head	Small	<i>*Online shopping not recommended for perishable items</i>
Romain Lettuce	3 Pack		
Spinach	1 Package	6 cups [180 g]	
Tomato	6	Medium	
Cucumber	3	Medium	
Peppers	4	Medium	
Celery	8	Large Stalks	
Carrots	6-8	Large	
Onion	1	Medium	
Green Beans	1/2 lb [227 g]		
Mushrooms	1/4 lb [113 g]		
Broccoli	1 lb [454 g]		
Cauliflower	1/4 lb [113 g]		
Sweet Potato	1	1/2 lb [227 g]	
Spaghetti Squash	1		
Avocado	1	1/2 lb [227 g]	
Apple (Green)	3	Medium	
Banana	1	Medium	
Strawberries	1 Small Package	1 cup [150 g]	
Lemon	2	Medium to Large	

Meat & Seafood	Amount	Notes	Buy Online - Recommended Items
Chicken Breast	1 lb [454 g]	or Turkey Breast	<a href="http://chicken.grasslandmeats.com">http://chicken.grasslandmeats.com</a>
Chicken Legs	1/2 lb [227 g]	or Pork Loin	<a href="http://drumsticks.grasslandmeats.com">http://drumsticks.grasslandmeats.com</a> <a href="http://porkloin.grasslandmeats.com">http://porkloin.grasslandmeats.com</a>
Chicken Sausage	1 Package	or Turkey Sausage	<a href="http://chickenapplesausage.grasslandmeats.com">http://chickenapplesausage.grasslandmeats.com</a> <a href="http://fetaspinachsausagesausage.grasslandmeats.com">http://fetaspinachsausagesausage.grasslandmeats.com</a>
Turkey Bacon	6 slices	or Pork Bacon	<a href="http://bacon.grasslandmeats.com">http://bacon.grasslandmeats.com</a>
Ground Turkey	1/4 lb [113 g]	Dark Meat	<a href="http://groundturkey.grasslandmeats.com">http://groundturkey.grasslandmeats.com</a>
Sliced Turkey	1/4 lb [113 g]	or Chicken Breast	
Ground Beef	1/2 lb [227 g]	or Ground Turkey	<a href="http://groundbeef.grasslandsmeat.com">http://groundbeef.grasslandsmeat.com</a>
Ground Buffalo	1/4 lb [113 g]		<a href="http://bison.grasslandmeats.com">http://bison.grasslandmeats.com</a>
Canned Tuna	4 oz. [113 g]	or Canned Salmon	<a href="http://tuna.vitalchoiceorganics.com">http://tuna.vitalchoiceorganics.com</a>
Salmon	1/2 lb [227 g]		<a href="http://salmon.vitalchoiceorganics.com">http://salmon.vitalchoiceorganics.com</a>
Shrimp	1/4 lb [113 g]	or Scallops	<a href="http://shrimp.vitalchoiceorganics.com">http://shrimp.vitalchoiceorganics.com</a> <a href="http://scallops.vitalchoiceorganics.com">http://scallops.vitalchoiceorganics.com</a>
Mahi Mahi	5 oz [140 g]	or Tilapia	

Dairy	Amount	Notes	Buy Online - Recommended Items
Eggs	2 Dozen	19 Medium	