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| Morning: Start each day by drinking ¼ of your total daily water allowance , mixed with the juice of ONE freshly squeezed lime or lemon. Drink ONE serving of organic greens superfoods OR one large serving of blended vegetable juice. |

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| Meal |  |  | Supplements |
| Breakfast | 2 egg whites + 2 whole eggs  ¼ avocado + salsa or 2 oz nuts (almond, pecan, walnut, Brazil)  1 cup of hot cereal(measured cooked)  1 piece of fruit or 1 cup berries |  | 1 fish oil  1 black seed oil  1 coconut oil  1 multi-vitamin (sex specific) |
| snack | Low carb listed below |  |  |
| Lunch | 4-6 oz chicken breast/turkey/salmon  Large Salad  1 cup sweet potato |  | 1 fish oil pill  2000 mg Vitamin C |
| snack | Snack choice Low fat listed below |  |  |
| Dinner  No later than 7;30 | 3-6 oz sirloin, turkey or salmon  1-3 cups green veggies (steamed or sauteed in coconut oil)  ½ cup long grain rice(black or brown) or 1 cup sweet potato  ⅛ cup red wine vinegar |  | 1 black seed oil  4 oz kombucha or 1 probiotic pill |
| (optional before bed if hungry) | 3 egg whites or 3 oz ground turkey |  | 2000 mg Vitamin C  1000 mg Magnesium |

Notes:

LOW FAT SNACK OPTIONS; 2-4 hard boiled egg whites with cucumber in vinegar, 20g protein shake with small apple, 3 tablespoons of hummus or salsa with 15 NO MORE THAN 15 reduced fat triscuits

LOW CARB SNACK OPTIONS; 30 unsalted almonds, egg/tuna salad (use olive oil or coconut oil mayo), 3 Tablespoon Hummus with celery or broccoli, 2 Tablespoon guac w veggies, 3 oz cooked meat/jerky, 2 oz unsalted sunflower seeds