

WEEK 1	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SUPPLEMENTS
MONDAY	2 EGGS 1 WITH 1 CUP CHOPPED SPINACH 1/8 AVOCADO	1 SMALL APPLE AND 2 TSP. ALMOND BUTTER	4 OZ. CHICKEN BREAST WITH 1/2 CUP LETTUCE + 1/2 CUP TOMATOES, 1/2 CUP BLACK BEANS, 2 TBSP. OIL-BASED SALAD DRESSING AND 1/8 AVOCADO CHOPPED	1 SCOOP SHAKEOLOGY WITH 1 CUP STRAWBERRIES	4 OZ. FLANK STEAK WITH 1/2 CUP MASHED SWEET POTATO AND 1 CUP FRESH ASPARAGUS	PRE-WORKOUT: ENERGIZE POST-WORKOUT: RECOVER
TUESDAY	3/4 CUP NON-FAT, PLAIN GREEK YOGURT WITH 1 CUP FRESH BERRIES TOPPED WITH 2 TBSP. SLICED RAW WALNUTS	1 CUP CELERY STICKS WITH 2 TSP. NUT BUTTER	4 OZ. SALMON WITH 1 CUP OF VEGGIES TOPPED WITH 1/2 CUP EDAMAME AND 2 TBSP. OIL-BASED SALAD DRESSING. TOP WITH 2 TBSP OF NUTS.	1 SCOOP SHAKEOLOGY AND 1/2 BANANA	4 OZ. GRILLED CHICKEN WITH 1/2 CUP SHREDDED POTATO AND 1 CUP BROCCOLI	SUPPLEMENTS: PRE-WORKOUT: ENERGIZE POST-WORKOUT: RECOVER
WEDNESDAY	2 EGGS 1 WITH 1 CUP CHOPPED SPINACH 1/8 AVOCADO	1 SMALL APPLE AND 2 TSP. ALMOND BUTTER	4 OZ. CHICKEN BREAST WITH 1/2 CUP LETTUCE + 1/2 CUP TOMATOES, 1/2 CUP BLACK BEANS, 2 TBSP. OIL-BASED SALAD DRESSING AND 1/8 AVOCADO CHOPPED	1 SCOOP SHAKEOLOGY WITH 1 CUP STRAWBERRIES	4 OZ. FLANK STEAK WITH 1/2 CUP MASHED SWEET POTATO AND 1 CUP FRESH ASPARAGUS	PRE-WORKOUT: ENERGIZE POST-WORKOUT: RECOVER
THURSDAY	3/4 CUP NON-FAT, PLAIN GREEK YOGURT WITH 1 CUP FRESH BERRIES TOPPED WITH 2 TBSP. SLICED RAW WALNUTS	1 CUP CELERY STICKS WITH 2 TSP. NUT BUTTER	4 OZ. SALMON WITH 1 CUP OF VEGGIES TOPPED WITH 1/2 CUP EDAMAME AND 2 TBSP. OIL-BASED SALAD DRESSING. TOP WITH 2 TBSP OF NUTS.	1 SCOOP SHAKEOLOGY AND 1/2 BANANA	4 OZ. GRILLED CHICKEN WITH 1/2 CUP SHREDDED POTATO AND 1 CUP BROCCOLI	SUPPLEMENTS: PRE-WORKOUT: ENERGIZE POST-WORKOUT: RECOVER
FRIDAY	2 EGGS 1 WITH 1 CUP CHOPPED SPINACH 1/8 AVOCADO	1 SMALL APPLE AND 2 TSP. ALMOND BUTTER	4 OZ. CHICKEN BREAST WITH 1/2 CUP LETTUCE + 1/2 CUP TOMATOES, 1/2 CUP BLACK BEANS, 2 TBSP. OIL-BASED SALAD DRESSING AND 1/8 AVOCADO CHOPPED	1 SCOOP SHAKEOLOGY WITH 1 CUP STRAWBERRIES	4 OZ. FLANK STEAK WITH 1/2 CUP MASHED SWEET POTATO AND 1 CUP FRESH ASPARAGUS	PRE-WORKOUT: ENERGIZE POST-WORKOUT: RECOVER
SATURDAY	2 EGGS 1 WITH 1 CUP CHOPPED SPINACH 1/8 AVOCADO	1 SMALL APPLE AND 2 TSP. ALMOND BUTTER	4 OZ. CHICKEN BREAST WITH 1/2 CUP LETTUCE + 1/2 CUP TOMATOES, 1/2 CUP BLACK BEANS, 2 TBSP. OIL-BASED SALAD DRESSING AND 1/8 AVOCADO CHOPPED	1 SCOOP SHAKEOLOGY WITH 1 CUP STRAWBERRIES	4 OZ. FLANK STEAK WITH 1/2 CUP MASHED SWEET POTATO AND 1 CUP FRESH ASPARAGUS	PRE-WORKOUT: ENERGIZE POST-WORKOUT: RECOVER
SUNDAY	3/4 CUP NON-FAT, PLAIN GREEK YOGURT WITH 1 CUP FRESH BERRIES TOPPED WITH 2 TBSP. SLICED RAW WALNUTS	1 CUP CELERY STICKS WITH 2 TSP. NUT BUTTER	4 OZ. SALMON WITH 1 CUP OF VEGGIES TOPPED WITH 1/2 CUP EDAMAME AND 2 TBSP. OIL-BASED SALAD DRESSING. TOP WITH 2 TBSP OF NUTS.	1 SCOOP SHAKEOLOGY AND 1/2 BANANA	4 OZ. GRILLED CHICKEN WITH 1/2 CUP SHREDDED POTATO AND 1 CUP BROCCOLI	SUPPLEMENTS: PRE-WORKOUT: ENERGIZE POST-WORKOUT: RECOVER