

WEEK 3	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SUPPLEMENTS
MONDAY	8 EGG WHITES WITH 1 CUP CHOPPED SPINACH AND 1/8 AVOCADO	1 SCOOP SHAKEOLOGY WITH 1 CUP FRESH BERRIES AND 1 CUP CHERRY TOMATOES	6 OZ. GRILLED CHICKEN WITH 1/2 CUP LETTUCE + 1/2 CUP SLICED FRESH VEGGIES (ONION, TOMATO, CUCUMBER) TOPPED WITH 2 TBSP. OIL-BASED SALAD DRESSING	1 ORANGE AND 1/2 CHICKEN BREAST	4 OZ. FLANK STEAK WITH 1 CUP COOKED SPAGHETTI SQUASH WITH 1 CUP CHOPPED TOMATOES TOPPED WITH 2 TBSP. PARMESAN CHEESE AND 2 TSP OLIVE OIL	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	10 CELERY STICKS WITH 3 TSP. ALMOND BUTTER	6OZ. GROUND TURKEY WITH 1 CUP LETTUCE, 1 CUP CHOPPED FRESH VEGGIES TOPPED WITH 2 TBSP. OIL-BASED SALAD DRESSING 2 TBSP CHEESE	1 SCOOP SHAKEOLOGY AND 1 CUP FRESH BERRIES	6 OZ. GRILLED SALMOND WITH 1 CUP ASPARAGUS AND 1 CUP CAULIFLOWER	PRE-WORKOUT: ENERGIZE POST-WORKOUT: RECOVER
WEDNESDAY	8 EGG WHITES WITH 1 CUP CHOPPED SPINACH AND 1/8 AVOCADO	1 SCOOP SHAKEOLOGY WITH 1 CUP FRESH BERRIES AND 1 CUP CHERRY TOMATOES	6 OZ. GRILLED CHICKEN WITH 1/2 CUP LETTUCE + 1/2 CUP SLICED FRESH VEGGIES (ONION, TOMATO, CUCUMBER) TOPPED WITH 2 TBSP. OIL-BASED SALAD DRESSING	1 ORANGE AND 1/2 CHICKEN BREAST	4 OZ. FLANK STEAK WITH 1 CUP COOKED SPAGHETTI SQUASH WITH 1 CUP CHOPPED TOMATOES TOPPED WITH 2 TBSP. PARMESAN CHEESE AND 2 TSP OLIVE OIL	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	10 CELERY STICKS WITH 3 TSP. ALMOND BUTTER	6OZ. GROUND TURKEY WITH 1 CUP LETTUCE, 1 CUP CHOPPED FRESH VEGGIES TOPPED WITH 2 TBSP. OIL-BASED SALAD DRESSING 2 TBSP CHEESE	1 SCOOP SHAKEOLOGY AND 1 CUP FRESH BERRIES	6 OZ. GRILLED SALMOND WITH 1 CUP ASPARAGUS AND 1 CUP CAULIFLOWER	PRE-WORKOUT: ENERGIZE POST-WORKOUT: RECOVER
FRIDAY	8 EGG WHITES WITH 1 CUP CHOPPED SPINACH AND 1/8 AVOCADO	1 SCOOP SHAKEOLOGY WITH 1 CUP FRESH BERRIES AND 1 CUP CHERRY TOMATOES	6 OZ. GRILLED CHICKEN WITH 1/2 CUP LETTUCE + 1/2 CUP SLICED FRESH VEGGIES (ONION, TOMATO, CUCUMBER) TOPPED WITH 2 TBSP. OIL-BASED SALAD DRESSING	1 ORANGE AND 1/2 CHICKEN BREAST	4 OZ. FLANK STEAK WITH 1 CUP COOKED SPAGHETTI SQUASH WITH 1 CUP CHOPPED TOMATOES TOPPED WITH 2 TBSP. PARMESAN CHEESE AND 2 TSP OLIVE OIL	PRE-WORKOUT: ENERGIZE POST-WORKOUT: RECOVER
SATURDAY	8 EGG WHITES WITH 1 CUP CHOPPED SPINACH AND 1/8 AVOCADO	1 SCOOP SHAKEOLOGY WITH 1 CUP FRESH BERRIES AND 1 CUP CHERRY TOMATOES	6 OZ. GRILLED CHICKEN WITH 1/2 CUP LETTUCE + 1/2 CUP SLICED FRESH VEGGIES (ONION, TOMATO, CUCUMBER) TOPPED WITH 2 TBSP. OIL-BASED SALAD DRESSING	1 ORANGE AND 1/2 CHICKEN BREAST	4 OZ. FLANK STEAK WITH 1 CUP COOKED SPAGHETTI SQUASH WITH 1 CUP CHOPPED TOMATOES TOPPED WITH 2 TBSP. PARMESAN CHEESE AND 2 TSP OLIVE OIL	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	10 CELERY STICKS WITH 3 TSP. ALMOND BUTTER	6OZ. GROUND TURKEY WITH 1 CUP LETTUCE, 1 CUP CHOPPED FRESH VEGGIES TOPPED WITH 2 TBSP. OIL-BASED SALAD DRESSING 2 TBSP CHEESE	1 SCOOP SHAKEOLOGY AND 1 CUP FRESH BERRIES	6 OZ. GRILLED SALMOND WITH 1 CUP ASPARAGUS AND 1 CUP CAULIFLOWER	PRE-WORKOUT: ENERGIZE POST-WORKOUT: RECOVER