



Thank you for downloading your free 7 day fat loss jump start meal plan! This plan was created by a registered dietician. It is set to around 1500 calories with about 100g carbs, 140g protein and 55g fat per day, so you may want to adjust it! Most women eat maintenance of 1800-2500 calories per day. To figure out the blue print for your diet check out the [Get Fit. Go Figure! Diet Guide or Contest Prep Guide for Bikini, Figure & Physique.](#)

Aside from eating healthy and tracking macronutrients (protein, carbs and fats) in a program like MyFitnessPal.com, you need to get moving!!! Strength training and other high intensity exercise will help you torch fat and get lean! Also see [It's Not Nice to HIIT](#) and check out the [Get Fit. Go Figure! Strength Training Guides!](#)

**WORK HARD! STAY FOCUSED! GET A SUPPORT GROUP AND WORKOUT BUDDY! Tell others of your goals! YOU GOT THIS!**

Email me with questions, comments and feedback at [Heather@GetFitGoFigure.com](mailto:Heather@GetFitGoFigure.com)

## Day 1

| Day 1                |           |                       |   |                            |                       |                     |
|----------------------|-----------|-----------------------|---|----------------------------|-----------------------|---------------------|
| Meal Label           | Meal Time | Calories              | Meal Items  |                            |                       |                     |
| Breakfast            | 7:00 AM   | 52                    | 1/2 fruit GRAPEFRUIT, PINK OR RED, ALL AREAS, RAW<br>3 large EGG, CHICKEN, SCRAMBLED<br>16 fl oz WATER, DRINKING WATER, PURIFIED  |                            |                       |                     |
|                      |           | 304                   |   |                            |                       |                     |
|                      |           | 0                     |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 356</b>  | <b>Carbs: 17g (19%)</b>   | <b>Protein: 21g (24%)</b>  | <b>Fat: 22g (57%)</b> | <b>Fluid: 25oz</b>  |
| Snack                | 10:00 AM  | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED<br>1 small APPLE W/SKIN, RAW<br>1 1/2 tablespoons PEANUT BUTTER  |                            |                       |                     |
|                      |           | 55                    |   |                            |                       |                     |
|                      |           | 132                   |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 187</b>  | <b>Carbs: 18g (36%)</b>   | <b>Protein: 5g (10%)</b>   | <b>Fat: 12g (54%)</b> | <b>Fluid: 21oz</b>  |
| Lunch                | 12:00 PM  | 2                     | 1 leaf LETTUCE, COS OR ROMAINE, RAW<br>2 wrap WRAP, LOW CARB<br>1 tablespoons HUMMUS, GREEK STYLE<br>16 fl oz WATER, DRINKING WATER, PURIFIED<br>4 oz TURKEY BREAST, ROASTED                        |                            |                       |                     |
|                      |           | 60                    |   |                            |                       |                     |
|                      |           | 27                    |   |                            |                       |                     |
|                      |           | 0                     |   |                            |                       |                     |
|                      |           | 214                   |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 303</b>  | <b>Carbs: 13g (18%)</b>   | <b>Protein: 36g (49%)</b>  | <b>Fat: 11g (34%)</b> | <b>Fluid: 20oz</b>  |
| Snack                | 3:00 PM   | 0                     | 8 fl oz WATER, DRINKING WATER, PURIFIED<br>3/4 cups MILK, FLUID, PART SKIM, 1% BF<br>1 1/2 oz TURKEY JERKY  |                            |                       |                     |
|                      |           | 82                    |   |                            |                       |                     |
|                      |           | 150                   |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 232</b>  | <b>Carbs: 11g (20%)</b>   | <b>Protein: 36g (64%)</b>  | <b>Fat: 4g (16%)</b>  | <b>Fluid: 14oz</b>  |
| Dinner               | 6:00 PM   | 12                    | 3 flowerets CAULIFLOWER, BOILED, NO SALT<br>1 teaspoons OLIVE OIL<br>6 oz TUNA, YELLOWFIN, BAKED OR BROILED (AHI)<br>16 fl oz WATER, DRINKING WATER, PURIFIED<br>2 3/4 cups GREEN BEAN, CUT, CANNED |                            |                       |                     |
|                      |           | 40                    |   |                            |                       |                     |
|                      |           | 141                   |   |                            |                       |                     |
|                      |           | 0                     |   |                            |                       |                     |
|                      |           | 110                   |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 303</b>  | <b>Carbs: 24g (32%)</b>   | <b>Protein: 37g (50%)</b>  | <b>Fat: 6g (18%)</b>  | <b>Fluid: 21oz</b>  |
| Snack                | 8:00 PM   | 98                    | 1 cups YOGURT, LOWFAT, LOW SUGAR<br>1 cups STRAWBERRY, RAW<br>12 fl oz WATER, DRINKING WATER, PURIFIED  |                            |                       |                     |
|                      |           | 46                    |   |                            |                       |                     |
|                      |           | 0                     |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 144</b>  | <b>Carbs: 20g (56%)</b>   | <b>Protein: 9g (25%)</b>   | <b>Fat: 3g (19%)</b>  | <b>Fluid: 25oz</b>  |
| <b>Day 1 Totals:</b> |           | <b>Calories: 1525</b> | <b>Carbs: 103g (27%)</b>  | <b>Protein: 144g (38%)</b> | <b>Fat: 58g (35%)</b> | <b>Fluid: 126oz</b> |



**Day 2**

| <b>Day 2</b>         |           |                             |   |                            |                       |                     |
|----------------------|-----------|-----------------------------|---|----------------------------|-----------------------|---------------------|
| Meal Label           | Meal Time | Calories                    | Meal Items  |                            |                       |                     |
| Breakfast            | 7:00 AM   | 95<br>0<br>203<br>55        | 1/2 bagel PLAIN BAGEL, LOW CARB<br>16 fl oz WATER, DRINKING WATER, PURIFIED<br>2 large EGG, CHICKEN, SCRAMBLED<br>1/2 cups skim cow or almond MILK  |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 353</b>        | <b>Carbs: 18g (21%)</b>   | <b>Protein: 28g (32%)</b>  | <b>Fat: 18g (47%)</b> | <b>Fluid: 24oz</b>  |
| Snack                | 10:00 AM  | 160<br>0<br>5               | 2 piece STRING CHEESE<br>16 fl oz WATER, DRINKING WATER, PURIFIED<br>2 small-stalk CELERY, RAW  |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 165</b>        | <b>Carbs: 3g (7%)</b>   | <b>Protein: 14g (32%)</b>  | <b>Fat: 12g (61%)</b> | <b>Fluid: 18oz</b>  |
| Lunch                | 12:00 PM  | 70<br>80<br>4<br>135<br>9   | 1 slice RYE BREAD, SLICED, LOW CARB<br>1/4 avocado AVOCADO, RAW<br>1 oz TOMATO, RAW<br>3 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED<br>16 fl oz COFFEE  |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 298</b>        | <b>Carbs: 13g (17%)</b>   | <b>Protein: 37g (49%)</b>  | <b>Fat: 11g (33%)</b> | <b>Fluid: 21oz</b>  |
| Snack                | 3:00 PM   | 28<br>0<br>160              | 1/2 small APPLE W/SKIN, RAW<br>16 fl oz WATER, DRINKING WATER, PURIFIED<br>1 bar PROTEIN BAR, SOY, CRUNCH PEANUT BUTTER   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 188</b>        | <b>Carbs: 25g (47%)</b>   | <b>Protein: 15g (28%)</b>  | <b>Fat: 6g (25%)</b>  | <b>Fluid: 18oz</b>  |
| Dinner               | 6:00 PM   | 40<br>0<br>13<br>160<br>154 | 1 teaspoons OLIVE OIL<br>16 fl oz WATER, DRINKING WATER, PURIFIED<br>4 spears ASPARAGUS, BOILED<br>2 cups MUSHROOM, PORTABELLA, GRILLED<br>5 oz BEEF, LOIN, TOP SIRLOIN, LEAN, 0" TRIM, BROILED |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 367</b>        | <b>Carbs: 25g (25%)</b>   | <b>Protein: 47g (47%)</b>  | <b>Fat: 12g (27%)</b> | <b>Fluid: 35oz</b>  |
| Snack                | 8:00 PM   | 0<br>129<br>40              | 8 fl oz WATER, DRINKING WATER, PURIFIED<br>3/4 cups CHEESE, COTTAGE 1%<br>1/2 pear PEAR, RAW  |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 169</b>        | <b>Carbs: 16g (37%)</b>   | <b>Protein: 23g (53%)</b>  | <b>Fat: 2g (10%)</b>  | <b>Fluid: 17oz</b>  |
| <b>Day 2 Totals:</b> |           | <b>Calories: 1540</b>       | <b>Carbs: 100g (25%)</b>  | <b>Protein: 164g (41%)</b> | <b>Fat: 61g (34%)</b> | <b>Fluid: 133oz</b> |



**Day 3**

| <b>Day 3</b>         |           |                       |   |                            |                       |                     |
|----------------------|-----------|-----------------------|---|----------------------------|-----------------------|---------------------|
| Meal Label           | Meal Time | Calories              | Meal Items  |                            |                       |                     |
| Breakfast            | 7:00 AM   | 165                   | 1 1/2 cups skim cow or almond MILK,<br>8 fl oz WATER, DRINKING WATER, PURIFIED<br>1 slice RYE BREAD, SLICED, LOW CARB<br>1 1/4 tablespoons ALMOND BUTTER, NO SALT   |                            |                       |                     |
|                      |           | 0                     |   |                            |                       |                     |
|                      |           | 70                    |   |                            |                       |                     |
|                      |           | 124                   |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 359</b>  | <b>Carbs: 30g (32%)</b>   | <b>Protein: 23g (25%)</b>  | <b>Fat: 18g (43%)</b> | <b>Fluid: 20oz</b>  |
| Snack                | 10:00 AM  | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED<br>1/2 fruit GRAPEFRUIT, PINK OR RED, ALL AREAS, RAW<br>1/2 oz PEANUTS, ALL TYPES, RAW   |                            |                       |                     |
|                      |           | 52                    |   |                            |                       |                     |
|                      |           | 81                    |   |                            |                       |                     |
|                      |           |                       |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 133</b>  | <b>Carbs: 15g (42%)</b>   | <b>Protein: 5g (14%)</b>   | <b>Fat: 7g (44%)</b>  | <b>Fluid: 21oz</b>  |
| Lunch                | 12:00 PM  | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED<br>5 oz ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED, LOWER SODIUM<br>1 leaf LETTUCE, COS OR ROMAINE, RAW<br>1 tablespoons MAYONNAISE, OLIVE OIL, ARTISAN<br>2 wrap WRAP, LOW CARB  |                            |                       |                     |
|                      |           | 150                   |   |                            |                       |                     |
|                      |           | 2                     |   |                            |                       |                     |
|                      |           | 100                   |   |                            |                       |                     |
|                      |           | 60                    |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 312</b>  | <b>Carbs: 10g (11%)</b>   | <b>Protein: 47g (52%)</b>  | <b>Fat: 15g (37%)</b> | <b>Fluid: 21oz</b>  |
| Snack                | 3:00 PM   | 80                    | 1 piece STRING CHEESE<br>16 fl oz WATER, DRINKING WATER, PURIFIED<br>6 stalk CELERY, RAW<br>3 tablespoons HUMMUS, GREEK STYLE   |                            |                       |                     |
|                      |           | 0                     |   |                            |                       |                     |
|                      |           | 34                    |   |                            |                       |                     |
|                      |           | 82                    |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 196</b>  | <b>Carbs: 16g (30%)</b>   | <b>Protein: 12g (23%)</b>  | <b>Fat: 11g (47%)</b> | <b>Fluid: 25oz</b>  |
| Dinner               | 6:00 PM   | 116                   | 3 oz PORK SHOULDER, WHOLE, ROASTED, SLO<br>16 fl oz WATER, DRINKING WATER, PURIFIED<br><b>ITALIAN PASTA VEGGIE SALAD (1 Servings)</b><br>1/4 cups Salad Dressing, Italian, Nonfat<br>1 cups Tomato, Raw<br>1 cups Mushroom, Raw<br>1/2 medium Onion, Raw<br>1 cups Green Pepper, Sweet (bell)<br>3 cups Pasta, Low Carb |                            |                       |                     |
|                      |           | 0                     |   |                            |                       |                     |
|                      |           | 197                   |   |                            |                       |                     |
|                      |           |                       |   |                            |                       |                     |
|                      |           |                       |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 313</b>  | <b>Carbs: 17g (21%)</b>   | <b>Protein: 43g (54%)</b>  | <b>Fat: 9g (25%)</b>  | <b>Fluid: 23oz</b>  |
| Snack                | 8:00 PM   | 49                    | 1/2 cups YOGURT, LOWFAT, LOW SUGAR<br>8 fl oz WATER, DRINKING WATER, PURIFIED<br>1/4 cups STRAWBERRY, RAW<br>1 scoop WHEY or egg white PROTEIN  |                            |                       |                     |
|                      |           | 0                     |   |                            |                       |                     |
|                      |           | 12                    |   |                            |                       |                     |
|                      |           | 120                   |   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 181</b>  | <b>Carbs: 9g (20%)</b>  | <b>Protein: 27g (60%)</b>  | <b>Fat: 4g (20%)</b>  | <b>Fluid: 14oz</b>  |
| <b>Day 3 Totals:</b> |           | <b>Calories: 1494</b> | <b>Carbs: 97g (24%)</b>   | <b>Protein: 157g (39%)</b> | <b>Fat: 64g (36%)</b> | <b>Fluid: 124oz</b> |



**Day 4**

| <b>Day 4</b>         |           |                            |   |                            |                       |                     |
|----------------------|-----------|----------------------------|---|----------------------------|-----------------------|---------------------|
| Meal Label           | Meal Time | Calories                   | Meal Items  |                            |                       |                     |
| Breakfast            | 7:00 AM   | 126<br>203<br>0            | 4 oz HIGH PROTEIN CEREAL, PREPARED<br>2 large EGG, CHICKEN, SCRAMBLED<br>16 fl oz WATER, DRINKING WATER, PURIFIED   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 329</b>       | <b>Carbs: 16g (19%)</b>   | <b>Protein: 24g (29%)</b>  | <b>Fat: 19g (52%)</b> | <b>Fluid: 23oz</b>  |
| Snack                | 10:00 AM  | 122<br>0<br>43             | 3/4 oz peanut, almonds, cashews, roasted or raw<br>16 fl oz WATER, DRINKING WATER, PURIFIED<br>1/2 large ORANGE, ALL VARIETIES, RAW   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 165</b>       | <b>Carbs: 14g (31%)</b>   | <b>Protein: 7g (15%)</b>   | <b>Fat: 11g (54%)</b> | <b>Fluid: 20oz</b>  |
| Lunch                | 12:00 PM  | 197<br>0<br>116            | <b>ITALIAN PASTA VEGGIE SALAD (1 Servings)</b><br>1/4 cups Salad Dressing, Italian, Nonfat<br>1 cups Tomato, Raw<br>1 cups Mushroom, Raw<br>1/2 medium Onion, Raw<br>1 cups Green Pepper, Sweet (bell)<br>3 cups Pasta, Low Carb<br>16 fl oz WATER, DRINKING WATER, PURIFIED<br>3 oz PORK SHOULDER, WHOLE, ROASTED, SLO |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 313</b>       | <b>Carbs: 17g (21%)</b>   | <b>Protein: 43g (54%)</b>  | <b>Fat: 9g (25%)</b>  | <b>Fluid: 23oz</b>  |
| Snack                | 3:00 PM   | 0<br>55<br>110             | 8 fl oz WATER, DRINKING WATER, PURIFIED<br>1/2 cups MILK, FLUID, PART SKIM, 1% BF<br>1 piece CHEESE SNACK, raw milk cheddar   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 165</b>       | <b>Carbs: 6g (16%)</b>  | <b>Protein: 10g (26%)</b>  | <b>Fat: 10g (58%)</b> | <b>Fluid: 12oz</b>  |
| Dinner               | 6:00 PM   | 154<br>0<br>40<br>88<br>40 | 5 oz BEEF, LOIN, TOP SIRLOIN, LEAN, 0" TRIM, BROILED<br>16 fl oz WATER, DRINKING WATER, PURIFIED<br>12 spears ASPARAGUS, BOILED, DRAINED<br>4 beet BEET, BOILED, DRAINED<br>1 teaspoons OLIVE OIL   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 322</b>       | <b>Carbs: 27g (33%)</b>   | <b>Protein: 34g (42%)</b>  | <b>Fat: 9g (25%)</b>  | <b>Fluid: 31oz</b>  |
| Snack                | 8:00 PM   | 23<br>0<br>172             | 1/2 cups STRAWBERRY, RAW<br>8 fl oz WATER, DRINKING WATER, PURIFIED<br>1 cups CHEESE, COTTAGE 1%  |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 195</b>       | <b>Carbs: 13g (26%)</b>   | <b>Protein: 31g (61%)</b>  | <b>Fat: 3g (13%)</b>  | <b>Fluid: 18oz</b>  |
| <b>Day 4 Totals:</b> |           | <b>Calories: 1489</b>      | <b>Carbs: 93g (25%)</b>   | <b>Protein: 149g (39%)</b> | <b>Fat: 61g (36%)</b> | <b>Fluid: 127oz</b> |



**Day 5**

| <b>Day 5</b>         |           |                           |   |                            |                       |                     |
|----------------------|-----------|---------------------------|---|----------------------------|-----------------------|---------------------|
| Meal Label           | Meal Time | Calories                  | Meal Items  |                            |                       |                     |
| Breakfast            | 7:00 AM   | 110<br>0<br>203<br>85     | 1 cups skim cow or almond milk<br>16 fl oz WATER, DRINKING WATER, PURIFIED<br>2 large EGG, CHICKEN, SCRAMBLED<br>1/2 bar BREAKFAST BAR, APPLE CRISP, LOW CARB   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 398</b>      | <b>Carbs: 23g (22%)</b>   | <b>Protein: 29g (28%)</b>  | <b>Fat: 23g (50%)</b> | <b>Fluid: 28oz</b>  |
| Snack                | 10:00 AM  | 28<br>132<br>0            | 1/2 small APPLE W/SKIN, RAW<br>1 1/2 tablespoons almond butter<br>16 fl oz WATER, DRINKING WATER, PURIFIED  |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 160</b>      | <b>Carbs: 10g (24%)</b>   | <b>Protein: 5g (12%)</b>   | <b>Fat: 12g (64%)</b> | <b>Fluid: 19oz</b>  |
| Lunch                | 12:00 PM  | 214<br>0<br>8<br>83<br>42 | 4 oz TURKEY BREAST, ROASTED<br>16 fl oz WATER, DRINKING WATER, PURIFIED<br>2 oz TOMATO, RAW<br>1 slice cfg BREAD, PROTEIN<br>1/2 cups CARROT, BABY, RAW   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 347</b>      | <b>Carbs: 16g (22%)</b>   | <b>Protein: 37g (51%)</b>  | <b>Fat: 9g (28%)</b>  | <b>Fluid: 22oz</b>  |
| Snack                | 3:00 PM   | 98<br>23<br>0             | 1 cups YOGURT, LOWFAT, LOW SUGAR<br>1/2 cups STRAWBERRY, RAW<br>16 fl oz WATER, DRINKING WATER, PURIFIED  |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 121</b>      | <b>Carbs: 15g (50%)</b>   | <b>Protein: 8g (27%)</b>   | <b>Fat: 3g (23%)</b>  | <b>Fluid: 27oz</b>  |
| Dinner               | 6:00 PM   | 12<br>0<br>80<br>258      | 3 flowerets CAULIFLOWER, BOILED, NO SALT<br>16 fl oz WATER, DRINKING WATER, PURIFIED<br>1 cups MUSHROOM, PORTABELLA, GRILLED<br><b>GINGER GLAZED MAHI MAHI (1 Servings)</b><br>2 fillet Dolphinfish, Raw (mahi Mahi)<br>2 teaspoons Vegetable Oil<br>1 teaspoons Olive Oil<br>1/2 clove Garlic, Raw<br>1/2 teaspoons Ginger Root, Raw<br>1 tablespoons Soy Sauce (shoyu)<br>1 tablespoons Balsamic Vinegar<br>1 tablespoons Honey |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 350</b>      | <b>Carbs: 22g (24%)</b>   | <b>Protein: 47g (51%)</b>  | <b>Fat: 10g (25%)</b> | <b>Fluid: 32oz</b>  |
| Snack                | 8:00 PM   | 129<br>0                  | 3/4 cups CHEESE, COTTAGE 1%<br>8 fl oz WATER, DRINKING WATER, PURIFIED  |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 129</b>      | <b>Carbs: 5g (15%)</b>  | <b>Protein: 23g (71%)</b>  | <b>Fat: 2g (14%)</b>  | <b>Fluid: 14oz</b>  |
| <b>Day 5 Totals:</b> |           | <b>Calories: 1505</b>     | <b>Carbs: 91g (24%)</b>   | <b>Protein: 149g (40%)</b> | <b>Fat: 59g (36%)</b> | <b>Fluid: 142oz</b> |



**Day 6**

| <b>Day 6</b>         |           |                       |  |                            |                       |                     |
|----------------------|-----------|-----------------------|--|----------------------------|-----------------------|---------------------|
| Meal Label           | Meal Time | Calories              | Meal Items   |                            |                       |                     |
| Breakfast            | 7:00 AM   | 140                   | 2 slice RYE BREAD, SLICED, LOW CARB  |                            |                       |                     |
|                      |           | 132                   | 1 1/2 tablespoons ALMOND BUTTER  |                            |                       |                     |
|                      |           | 110                   | 1 cups MILK, FLUID, PART SKIM, 1% BF   |                            |                       |                     |
|                      |           | 0                     | 8 fl oz WATER, DRINKING WATER, PURIFIED  |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 382</b>  | <b>Carbs: 30g (30%)</b>  | <b>Protein: 28g (28%)</b>  | <b>Fat: 19g (42%)</b> | <b>Fluid: 17oz</b>  |
| Snack                | 10:00 AM  | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED   |                            |                       |                     |
|                      |           | 172                   | 1 cups CHEESE, COTTAGE 1%  |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 172</b>  | <b>Carbs: 7g (16%)</b>   | <b>Protein: 31g (69%)</b>  | <b>Fat: 3g (15%)</b>  | <b>Fluid: 23oz</b>  |
| Lunch                | 12:00 PM  | 40                    | 1/2 cups BEAN, SNAP, BOILED, DRAINED (GREEN)   |                            |                       |                     |
|                      |           | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED   |                            |                       |                     |
|                      |           | 60                    | 2 wrap WRAP, LOW CARB  |                            |                       |                     |
|                      |           | 258                   | <b>GINGER GLAZED MAHI MAHI (1 Servings)</b>  |                            |                       |                     |
|                      |           |                       | 2 fillet Dolphinfish, Raw (mahi Mahi)<br>2 teaspoons Vegetable Oil<br>1 teaspoons Olive Oil<br>1/2 clove Garlic, Raw<br>1/2 teaspoons Ginger Root, Raw<br>1 tablespoons Soy Sauce (shoyu)<br>1 tablespoons Balsamic Vinegar<br>1 tablespoons Honey |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 358</b>  | <b>Carbs: 27g (31%)</b>  | <b>Protein: 41g (46%)</b>  | <b>Fat: 9g (23%)</b>  | <b>Fluid: 26oz</b>  |
| Snack                | 3:00 PM   | 160                   | 2 piece STRING CHEESE  |                            |                       |                     |
|                      |           | 28                    | 1/2 small APPLE W/SKIN, RAW  |                            |                       |                     |
|                      |           | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 188</b>  | <b>Carbs: 9g (18%)</b>   | <b>Protein: 14g (28%)</b>  | <b>Fat: 12g (54%)</b> | <b>Fluid: 18oz</b>  |
| Dinner               | 6:00 PM   | 143                   | 2/3 cups PASTA, LOW CARB   |                            |                       |                     |
|                      |           | 20                    | 6 spears ASPARAGUS, BOILED, DRAINED  |                            |                       |                     |
|                      |           | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED   |                            |                       |                     |
|                      |           | 62                    | 2 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED  |                            |                       |                     |
|                      |           | 80                    | 2 teaspoons OLIVE OIL  |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 305</b>  | <b>Carbs: 13g (17%)</b>  | <b>Protein: 36g (46%)</b>  | <b>Fat: 13g (37%)</b> | <b>Fluid: 20oz</b>  |
| Snack                | 8:00 PM   | 23                    | 1/2 cups STRAWBERRY, RAW   |                            |                       |                     |
|                      |           | 0                     | 8 fl oz WATER, DRINKING WATER, PURIFIED  |                            |                       |                     |
|                      |           | 98                    | 1 cups YOGURT, LOWFAT, LOW SUGAR   |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 121</b>  | <b>Carbs: 15g (50%)</b>  | <b>Protein: 8g (27%)</b>   | <b>Fat: 3g (23%)</b>  | <b>Fluid: 19oz</b>  |
| <b>Day 6 Totals:</b> |           | <b>Calories: 1526</b> | <b>Carbs: 101g (26%)</b>   | <b>Protein: 158g (40%)</b> | <b>Fat: 59g (34%)</b> | <b>Fluid: 123oz</b> |



**Day 7**

| <b>Day 7</b>         |           |                       |   |                            |                       |                     |
|----------------------|-----------|-----------------------|---|----------------------------|-----------------------|---------------------|
| Meal Label           | Meal Time | Calories              | Meal Items  |                            |                       |                     |
| Breakfast            | 7:00 AM   | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED          |                            |                       |                     |
|                      |           | 85                    | 1/2 bar BREAKFAST BAR, APPLE CRISP, LOW CARB      |                            |                       |                     |
|                      |           | 110                   | 1 cups MILK, FLUID, PART SKIM, 1% BF              |                            |                       |                     |
|                      |           | 101                   | 1 large EGG, CHICKEN, SCRAMBLED                   |                            |                       |                     |
|                      |           | 52                    | 1/2 fruit GRAPEFRUIT, PINK OR RED, ALL AREAS, RAW |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 348</b>  | <b>Carbs: 34g (37%)</b>                           | <b>Protein: 23g (25%)</b>  | <b>Fat: 15g (37%)</b> | <b>Fluid: 30oz</b>  |
| Snack                | 10:00 AM  | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED          |                            |                       |                     |
|                      |           | 34                    | 6 stalk CELERY, RAW                               |                            |                       |                     |
|                      |           | 80                    | 1 piece STRING CHEESE                             |                            |                       |                     |
|                      |           | 88                    | 1 tablespoons ALMOND BUTTER                       |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 202</b>  | <b>Carbs: 10g (19%)</b>                           | <b>Protein: 12g (22%)</b>  | <b>Fat: 14g (59%)</b> | <b>Fluid: 26oz</b>  |
| Lunch                | 12:00 PM  | 2                     | 16 fl oz ICED TEA, UNSWEETENED                    |                            |                       |                     |
|                      |           | 4                     | 1 oz TOMATO, RAW                                  |                            |                       |                     |
|                      |           | 3                     | 2 leaf LETTUCE, COS OR ROMAINE, RAW               |                            |                       |                     |
|                      |           | 67                    | 2 teaspoons MAYONNAISE, OLIVE OIL, ARTISAN        |                            |                       |                     |
|                      |           | 147                   | 5 oz HAM LUNCH MEAT, LOWFAT                       |                            |                       |                     |
|                      |           | 60                    | 2 wrap WRAP, LOW CARB                             |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 283</b>  | <b>Carbs: 15g (22%)</b>                           | <b>Protein: 25g (36%)</b>  | <b>Fat: 13g (42%)</b> | <b>Fluid: 23oz</b>  |
| Snack                | 3:00 PM   | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED          |                            |                       |                     |
|                      |           | 120                   | 1 scoop WHEY OR EGG WHITE PROTEIN                 |                            |                       |                     |
|                      |           | 43                    | 1/2 large ORANGE, ALL VARIETIES, RAW              |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 163</b>  | <b>Carbs: 13g (31%)</b>                           | <b>Protein: 24g (58%)</b>  | <b>Fat: 2g (11%)</b>  | <b>Fluid: 19oz</b>  |
| Dinner               | 6:00 PM   | 80                    | 2 teaspoons OLIVE OIL                             |                            |                       |                     |
|                      |           | 180                   | 4 oz CHICKEN, BROILER, BREAST, MEAT, ROASTED      |                            |                       |                     |
|                      |           | 0                     | 16 fl oz WATER, DRINKING WATER, PURIFIED          |                            |                       |                     |
|                      |           | 80                    | 1 cups BEAN, SNAP, BOILED, DRAINED (GREEN)        |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 340</b>  | <b>Carbs: 18g (21%)</b>                           | <b>Protein: 41g (48%)</b>  | <b>Fat: 12g (31%)</b> | <b>Fluid: 27oz</b>  |
| Snack                | 8:00 PM   | 0                     | 8 fl oz WATER, DRINKING WATER, PURIFIED           |                            |                       |                     |
|                      |           | 172                   | 1 cups CHEESE, COTTAGE 1%                         |                            |                       |                     |
| <b>Meal Totals:</b>  |           | <b>Calories: 172</b>  | <b>Carbs: 7g (16%)</b>                            | <b>Protein: 31g (69%)</b>  | <b>Fat: 3g (15%)</b>  | <b>Fluid: 15oz</b>  |
| <b>Day 7 Totals:</b> |           | <b>Calories: 1508</b> | <b>Carbs: 97g (25%)</b>                           | <b>Protein: 156g (40%)</b> | <b>Fat: 59g (34%)</b> | <b>Fluid: 140oz</b> |

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### Shopping List

| Category                       | Quantity          | Item   |
|--------------------------------|-------------------|--|
| Accompaniments                 | 1 2/3 tablespoons | Mayonnaise, Olive Oil, Artisan   Spectrum                                      |
| Baby Foods                     | 4 oz              | High Protein Cereal, Prepared  |
| Beef                           | 10 oz             | Beef, Loin, Top Sirloin, Lean, 0" Trim, Broiled                                |
| Beverages                      | 6 1/4 cups        | Milk, Fluid, Part Skim, 1% Bf  |
|                                | 16 fl oz          | Coffee   |
|                                | 16 fl oz          | Iced Tea, Unsweetened   Generic  |
|                                | 556 fl oz         | Water, Drinking Water, Purified  |
| Bread                          | 1/2 bagel         | Plain Bagel, Low Carb  |
|                                | 1 slice cfb       | Bread, Protein   |
|                                | 4 slice           | Rye Bread, Sliced, Low Carb  |
|                                | 8 wrap            | Wrap, Low Carb (ST. JOSEPHS LAVISH BREAD OR OTHER)                             |
| Cereal and Grain Products      | 6 2/3 cups        | Pasta, Low Carb   Due Amici  |
| Cereals, Ready to Eat          | 1 bar             | Breakfast Bar, Apple Crisp, Low Carb   |
| Dairy Products                 | 1 piece           | Cheese Snack, RAW MILK CHEDDAR- TRADER JOES                                    |
|                                | 3 1/2 cups        | Yogurt, Lowfat, Low Sugar  |
|                                | 4 1/2 cups        | Cheese, Cottage 1%   |
|                                | 6 piece           | String Cheese   Kraft  |
|                                | 10 large          | Egg, Chicken, Scrambled  |
| Fats and Oils                  | 3 teaspoons       | Olive Oil  |
|                                | 6 teaspoons       | Olive Oil  |
| Finfish and Shellfish Products | 2 oz              | Salmon, Atlantic, Wild, Baked Or Broiled                                       |
|                                | 5 oz              | Albacore Tuna In Water, Chunk White, Canned, Lower Sodium   Chicken of the Sea |
|                                | 6 oz              | Tuna, Yellowfin, Baked Or Broiled (ahi)  |
| Fruits                         | 1/4 avocado       | Avocado, Raw   |
|                                | 1/2 pear          | Pear, Raw  |
|                                | 1 large           | Orange, All Varieties, Raw   |
|                                | 1 1/2 fruit       | Grapefruit, Pink Or Red, All Areas, Raw  |
|                                | 2 1/2 small       | Apple W/skin, Raw  |
|                                | 2 3/4 cups        | Strawberry, Raw  |
| Legumes                        | 1 1/2 cups        | Bean, Snap, Boiled, Drained (green)  |
|                                | 2 3/4 cups        | Green Bean, Cut, Canned   Del Monte  |
|                                | 4 tablespoons     | Hummus, Greek Style   Athenos  |
|                                | 5 1/2 tablespoons | ALMOND Butter  |
| Nuts and Seeds                 | 1 1/4 oz          | Peanuts, CASHEWS OR ALMDONS All Types, ROASTED OR Raw                          |

Continued on next page...





## Shopping List

| Category                       | Quantity          | Item   |
|--------------------------------|-------------------|--|
|                                | 1 1/4 tablespoons | Almond Butter, No Salt                           |
| Pork                           | 6 oz              | Pork Shoulder, Whole, Roasted, Slo               |
| Poultry                        | 7 oz              | Chicken, Broiler, Breast, Meat, Roasted          |
|                                | 8 oz              | Turkey Breast, Roasted                           |
| Sausages and Lunch Meats       | 1 1/2 oz          | Turkey Jerky   Shelton's                         |
|                                | 5 oz              | Ham Lunch Meat, Lowfat   Oscar Mayer             |
| Sport and Diet Nutritionals    | 1 bar             | Protein Bar, Soy, Crunch Peanut Butter   Genisoy |
|                                | 2 scoop           | Whey Protein                                     |
| Vegetables                     | 1/2 cups          | Carrot, Baby, Raw                                |
|                                | 2 small-stalk     | Celery, Raw                                      |
|                                | 3 cups            | Mushroom, Portabella, Grilled                    |
|                                | 4 beet            | Beet, Boiled, Drained                            |
|                                | 4 leaf            | Lettuce, Cos Or Romaine, Raw                     |
|                                | 4 spears          | Asparagus, Boiled                                |
|                                | 6 flowerets       | Cauliflower, Boiled, No Salt                     |
|                                | 12 stalk          | Celery, Raw                                      |
|                                | 18 spears         | Asparagus, Boiled, Drained                       |
|                                | 20 oz             | Tomato, Raw                                      |
| Finfish and Shellfish Products | 2 fillet          | Dolphinfish, Raw (mahi Mahi)                     |
| Vegetables                     | 1/2 clove         | Garlic, Raw                                      |
|                                | 1/2 medium        | Onion, Raw                                       |
| Accompaniments                 | 1/4 cups          | Salad Dressing, Italian, Nonfat                  |
|                                | 1 tablespoons     | Soy Sauce (shoyu)                                |
| Fats and Oils                  | 2 teaspoons       | Vegetable Oil   Wesson                           |
| Ingredients                    | 1 tablespoons     | Balsamic Vinegar   Spectrum                      |
|                                | 1 tablespoons     | Honey  |
| Vegetables                     | 1/2 teaspoons     | Ginger Root, Raw                                 |
|                                | 1 cups            | Green Pepper, Sweet (bell)                       |
|                                | 1 cups            | Mushroom, Raw                                    |