

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

*Record daily meals and snacks to help keep track of your meals.

The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, majoram, etc may be used for seasoning, but no oil, butter or dressing

Tea, coffee, plain water, or mineral water are the only drinks allowed, but may be taken in any quantity and at all times. Drink a minimum of 80oz of fluids a day.

DO NOT MIX VEGGIES LIKE IN SALADS ONLY 1 VEGGIE AT EACH MEAL. 2 DIFFERENT VEGGIES DAILY & 2 DIFFERENT FRUITS DAILY

WATER , WATER , WATER, HELPS CURB HUNGER AND HELPS TO FLUSH OUT FAT!!!!

Sample Shopping Week 1

8 oranges
5 lemons
2 limes
8 apples
Strawberries
Blueberries
4 large tomatoes
Cherry tomatoes
2 Zucchini
2 cucumbers
1 cabbage
2 lettuces

Spring mix (arugula)
Fresh parsley
Basil
Cilantro
Apple cider vinegar
Balsamic vinegar
2- 4oz fillet mignon
3 packs of chicken breasts
1 pound ground chicken
2-4oz tilapia
1-4oz halibut
Shrimp
Cavenders spice