



| <b>Bodyweight /Meal</b> | <b>151-170 pounds</b>   | <b>171-180 pounds</b>   | <b>181-195 pounds</b>  | <b>196+ pounds</b>  |
|-------------------------|---|---|--|---|
| <b>Breakfast</b>        | 2 egg whites<br>1 Slice Ezekiel Toast<br>1 teaspoon almond butter       | 1 cup skim milk<br>1 cup All Bran cereal<br>1 avocado   | 3 egg whites<br>whole wheat pita or tortilla<br>add 1 cup steamed spinach for omelette                     | 3 egg whites 1 whole egg<br>2 slices Ezekiel bread<br>1 tbsp. almond butter                                     |
| <b>Mid-Morning</b>      | 1 slice nitrate free turkey<br>1 cup almonds                            | 1 scoop protein w/ 1 cup skim milk<br>add 1 tbsp of flaxseed oil to protein shake and 1 tsp almond butter | 1 can tuna w/low fat mayo<br>1 cup almonds and 1 banana  | 1 scoop protein w/ skim milk<br>10 pecans and 1 banana  |
| <b>Lunch</b>            | 1 can tuna and 1 hard boiled egg<br>steamed asparagus<br>sliced avocado | 2 slices Nitrate free turkey<br>1 sweet potato<br>add 1 tbsp sunflower oil to sweet potato                | 6 oz chicken breast<br>1 Bell Pepper (Red)<br>cover in 1 tbsp safflower oil                                | 6 oz lean red meat<br>small organix salad<br>add seasoning, sunflower oil, and balsamic vinegar                 |
| <b>Mid- Afternoon</b>   | 1 slice nitrate free turkey<br>1 apple                                  | 3 oz chicken breast<br>1 pear   | 1 scoop protein with skim milk<br>1 Apple  | 2 hard boiled eggs<br>2 oz almonds  |
| <b>Dinner</b>           | 6 oz lean red meat<br>1 cup carrots<br>3 oz tofu                        | 6 oz Salmon<br>1 piece of Squash  | 6 oz sliced turkey on ezeziel bread, topped with spicy mustard and leaf of lettuce and tomato<br>1 avocado | 8 oz White Fish with lemon<br>1 sweet potato<br>organic salad with olive oil, balsamic vinegar, and red peppers |
| <b>Before Bed</b>       | 1 scoop of protein<br>1 teaspoon almond butter                          | 2 slices Nitrate free turkey<br>1 cup of almonds  | 1 can tuna<br>1 tbsp. almond butter  | 6 oz grilled salmon with lemon  |