

WEEK ONE MEAL MAP, PHASE 1

PHASE 1: UNWIND STRESS									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
:__am/pm MONDAY	_____	:__am/pm P1 OATMEAL FRUIT SMOOTHIE	:__am/pm 1 ASIAN PEAR	:__am/pm P1 OPEN-FACED TURKEY SANDWICH	:__am/pm 2 KIWIS	:__am/pm P1 2 CUPS CHICKEN AND BARLEY SOUP			
:__am/pm TUESDAY	_____	:__am/pm STRAWBERRY FRENCH TOAST	:__am/pm 1 APPLE	:__am/pm P1 2 CUPS CHICKEN AND BARLEY SOUP, SLICED KIWI	:__am/pm 1 CUP WATERMELON CUBES	:__am/pm P1 2 CUPS CHILI			

WEEK TWO MEAL MAP, PHASE 1

PHASE 1: UNWIND STRESS									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
:__am/pm MONDAY	_____	:__am/pm P1 STRAWBERRY FRENCH TOAST	:__am/pm 2 APRICOTS	:__am/pm P1 TUNA, GREEN APPLE, AND SPINACH SALAD	:__am/pm 1 CUP CANTALOUPE	:__am/pm P1 2 CUPS CHICKEN SAUSAGE WITH BROWN RICE FUSILLI			
:__am/pm TUESDAY	_____	:__am/pm P1 OATMEAL FRUIT SMOOTHIE	:__am/pm 1 CUP MANGO SLICES	:__am/pm P1 2 CUPS CHICKEN SAUSAGE WITH BROWN RICE FUSILLI	:__am/pm 1 ORANGE	:__am/pm P1 PORK TENDERLOIN WITH BROCCOLI AND PINEAPPLE			

WEEK THREE MEAL MAP, PHASE 1

PHASE 1: UNWIND STRESS								
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
:__am/pm MONDAY	_____	:__am/pm P1 FROZEN MANGO FAT-BURNING SMOOTHIE	:__am/pm 1 ORANGE	:__am/pm P1 TUNA, GREEN APPLE, AND SPINACH SALAD 15 RICE CRACKERS	:__am/pm 1 CUP POMEGRANATE SEEDS	:__am/pm P1 ITALIAN CHICKEN AND WILD RICE		
:__am/pm TUESDAY	_____	:__am/pm P1 OATMEAL	:__am/pm 1 CUP FROZEN PINEAPPLE	:__am/pm P1 ITALIAN CHICKEN AND WILD RICE (LEFTOVER)	:__am/pm 1 ORANGE	:__am/pm P1 CHILI		

WEEK FOUR MEAL MAP, PHASE 1

PHASE 1: UNWIND STRESS									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
: : am/pm MONDAY		: : am/pm P1 FROZEN MANGO FAT-BURNING SMOOTHIE	: : am/pm 1 APPLE	: : am/pm P1 OPEN-FACED TURKEY SANDWICH	: : am/pm 1 CUP FROZEN PINEAPPLE	: : am/pm P1 2 CUPS TURKEY, WHITE BEAN, AND KALE SOUP			
: : am/pm TUESDAY		: : am/pm P1 STRAWBERRY FRENCH TOAST	: : am/pm 1 ORANGE	: : am/pm P1 2 CUPS TURKEY, WHITE BEAN, AND KALE SOUP (LEFTOVER)	: : am/pm 1 ASIAN PEAR	: : am/pm P1 2 CUPS ITALIAN CHICKEN AND WILD RICE			