

WEEK ONE MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM								
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
:__am/pm FRIDAY	_____	:__am/pm P3 OATMEAL	:__am/pm 1/5 CUP HUMMUS AND CUCUMBERS	:__am/pm P3 THREE-EGG SALAD OVER 2 CUPS SPINACH	:__am/pm 1/4 CUP RAW ALMONDS	:__am/pm P3 2 CUPS SHRIMP AND VEGGIE STIR-FRY OVER 1/2 CUP QUINOA PASTA		
:__am/pm SATURDAY	_____	:__am/pm P3 TOAST, BERRIES, NUT BUTTER, CUCUMBERS	:__am/pm 1/4 CUP RAW PISTACHIOS	:__am/pm P3 SHRIMP AND VEGGIE STIR-FRY, WITHOUT THE PASTA	:__am/pm P3 VEGGIE P3 HEALTHY FAT/ PROTEIN 1/2 SLICED AVOCADO WITH SEA SALT	:__am/pm P3 HEALTHY FAT/ PROTEIN P3 VEGGIE P3 GRAIN OR STARCH (OPTIONAL) P3 HUMMUS TURKEY WRAP		
:__am/pm SUNDAY	_____	:__am/pm P3 TOAST, EGG, TOMATO, RED ONION, 1/2 AVOCADO	:__am/pm 1/5 CUP HUMMUS AND CUCUMBERS	:__am/pm P3 ENDIVE TUNA SALAD	:__am/pm CELERY AND 2 TABLESPOONS RAW ALMOND BUTTER	:__am/pm P3 COCONUT CURRY CHICKEN		

WEEK TWO MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM								
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER
:__am/pm FRIDAY	_____	:__am/pm P3 CUCUMBER HUMMUS TOAST	:__am/pm ¼ CUP RAW NUTS WITH LIME, SEA SALT, AND JICAMA	:__am/pm P3 ENDIVE TUNA SALAD	:__am/pm ¼ CUP RAW PISTACHIOS	:__am/pm P3 ROSEMARY PORK ROAST WITH SWEET POTATO		
:__am/pm SATURDAY	_____	:__am/pm P1 OATMEAL	:__am/pm ¼ CUP RAW ALMONDS	:__am/pm P3 OLIVE AND TOMATO SALAD	:__am/pm ½ SLICED AVOCADO WITH SEA SALT	:__am/pm P3 BAKED SALMON AND SWEET POTATOES		
:__am/pm SUNDAY	_____	:__am/pm P3 EGG AND TOAST WITH TOMATOES AND RED ONION	:__am/pm CELERY AND 2 TABLESPOONS RAW ALMOND BUTTER	:__am/pm P3 SHRIMP SALAD	:__am/pm P3 SWEET POTATO HUMMUS AND CUCUMBERS	:__am/pm P3 COCONUT PECAN- CRUSTED HALIBUT WITH ARTICHOKE DIP		

WEEK THREE MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
:__am/pm FRIDAY	_____	:__am/pm SPROUTED TOAST WITH NUT BUTTER AND BERRIES	:__am/pm 2 OUNCES SHRIMP WITH LEMON WEDGES	:__am/pm P3 THREE-EGG SALAD WITH TOMATOES	:__am/pm ¼ CUP RAW ALMONDS	:__am/pm P3 SHRIMP AND VEGGIE STIR-FRY			
:__am/pm SATURDAY	_____	:__am/pm P3 BERRY NUTTY OATMEAL SMOOTHIE	:__am/pm ½ AVOCADO WITH SEA SALT	:__am/pm P3 ENDIVE TUNA SALAD	:__am/pm P3 THREE-EGG SALAD	:__am/pm P3 COCONUT CURRY CHICKEN			
:__am/pm SUNDAY	_____	:__am/pm CELERY WITH ALMOND BUTTER AND CAROB CHIPS	:__am/pm P3 THREE-EGG SALAD (LEFTOVER)	:__am/pm P3 COCONUT CURRY CHICKEN (LEFTOVER)	:__am/pm ¼ CUP RAW ALMONDS	:__am/pm P3 SESAME CHICKEN STIR-FRY			

WEEK FOUR MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
___:___ am/pm FRIDAY	_____	___:___ am/pm 1 SLICE SPROUTED- GRAIN TOAST WITH ½ AVOCADO, TOMATO SLICE, AND CUCUMBER SLICES	___:___ am/pm 2 OUNCES SHRIMP WITH LEMON WEDGES	___:___ am/pm P3 OLIVE AND TOMATO SALAD WITH CHICKEN OR TURKEY SLICES	___:___ am/pm RED BELL PEPPER STRIPS DIPPED IN P3 SALAD DRESSING	___:___ am/pm P3 2 CUPS SESAME CHICKEN STIR-FRY			
___:___ am/pm SATURDAY	_____	___:___ am/pm P3 BERRY NUTTY OATMEAL SMOOTHIE	___:___ am/pm ½ AVOCADO WITH SEA SALT	___:___ am/pm P3 ENDIVE TUNA SALAD	___:___ am/pm CELERY AND HUMMUS	___:___ am/pm P3 ROSEMARY PORK ROAST WITH SWEET POTATO			
___:___ am/pm SUNDAY	_____	___:___ am/pm CELERY WITH ALMOND BUTTER AND CAROB CHIPS	___:___ am/pm CELERY WITH P3 SALAD DRESSING	___:___ am/pm SALAD WITH 2 CUPS SPINACH, ⅓ CUP HUMMUS, CHERRY TOMATOES, CELERY, CILANTRO, AND P3 SALAD DRESSING	___:___ am/pm ¼ CUP RAW ALMONDS	___:___ am/pm P3 AVOCADO QUESADILLA			

SUPER-SIMPLE MEAL MAP, PHASE 3

PHASE 3: UNLEASH YOUR METABOLISM									
WAKE TIME	WEIGHT	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE	WATER	
___:___ am/pm FRIDAY	_____	___:___ am/pm P3 FMD BREAKFAST SHAKE	___:___ am/pm 1/4 CUP RAW NUTS OR SEEDS	___:___ am/pm SALAD WITH TURKEY, TOMATO, CUCUMBER, AND AVOCADO, WITH P3 DRESSING	___:___ am/pm P3 FMD FOOD BAR	___:___ am/pm CURRY CHICKEN			
___:___ am/pm SATURDAY	_____	___:___ am/pm P3 FMD BREAKFAST SHAKE	___:___ am/pm 1/4 CUP RAW NUTS OR SEEDS	___:___ am/pm LEFTOVER P3 COCONUT CHICKEN CURRY	___:___ am/pm P3 FMD FOOD BAR	___:___ am/pm P3 SHRIMP VEGGIE STIR-FRY WITH RICE PASTA			
___:___ am/pm SUNDAY	_____	___:___ am/pm P3 FMD BREAKFAST SHAKE	___:___ am/pm 1/4 CUP RAW NUTS OR SEEDS	___:___ am/pm LEFTOVER P3 SHRIMP AND VEGGIE STIR-FRY OVER SALAD GREENS	___:___ am/pm P3 FMD FOOD BAR	___:___ am/pm P3 SESAME CHICKEN STIR-FRY			