****Jeffery Morse Workout And Diet Schedule

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|  |  | **Your heart rate zones:**

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| **Zone name** | **Target beats per minute** |
| Recovery Zone | to  |
| Temperate Zone | to  |
| Aerobic Zone | to  |
| An Aerobic Zone | to  |
| Redline Zone | to  |

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|  **Run / Walk 60 minutes 5am daily May be Substituted with Gym****P90X – Lean 11:30 am daily** **Sunday Monday Tuesday Wed Thursday Friday Sat**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | **Day: 1**Core Synergistics | **Day: 2**Cardio X | **Day: 3**Shoulders & ArmsAb Ripper X | **Day: 4**Yoga X | **Day: 5**Legs & BackAb Ripper X | **Day: 6**Kenpo X | **Day: 7**X Stretch |
| Week 2 | **Day: 8**Core Synergistics | **Day: 9**Cardio X | **Day: 10**Shoulders & ArmsAb Ripper X | **Day: 11**Yoga X | **Day: 12**Legs & BackAb Ripper X | **Day: 13**Kenpo X | **Day: 14**X Stretch |
| Week 3 | **Day: 15**Core Synergistics | **Day: 16**Cardio X | **Day: 17**Shoulders & ArmsAb Ripper X | **Day: 18**Yoga X | **Day: 19**Legs & BackAb Ripper X | **Day: 20**Kenpo X | **Day: 21**X Stretch |
| Week 4 | **Day: 22**Yoga X | **Day: 23**Core Synergistics | **Day: 24**Kenpo X | **Day: 25**X Stretch | **Day: 26**Cardio X | **Day: 27**Yoga X | **Day: 28**X Stretch |
| Week 5 | **Day: 29**Core Synergistics | **Day: 30**Cardio X | **Day: 31**Chest, Shoulders & TricepsAb Ripper X | **Day: 32**Yoga X | **Day: 33**Legs & BackAb Ripper X | **Day: 34**Kenpo X | **Day: 35**X Stretch |
| Week 6 | **Day: 36**Core Synergistics | **Day: 37**Cardio X | **Day: 38**Chest, Shoulders & TricepsAb Ripper X | **Day: 39**Yoga X | **Day: 40**Legs & BackAb Ripper X | **Day: 41**Kenpo X | **Day: 42**X Stretch |
| Week 7 | **Day: 43**Core Synergistics | **Day: 44**Cardio X | **Day: 45**Chest, Shoulders & TricepsAb Ripper X | **Day: 46**Yoga X | **Day: 47**Legs & BackAb Ripper X | **Day: 48**Kenpo X | **Day: 49**X Stretch |
| Week 8 | **Day: 50**Yoga X | **Day: 51**Core Synergistics | **Day: 52**Kenpo X | **Day: 53**X Stretch | **Day: 54**Cardio X | **Day: 55**Yoga X | **Day: 56**X Stretch |
| Week 9 | **Day: 57**Chest & BackAb Ripper X | **Day: 58**Cardio X | **Day: 59**Shoulders & ArmsAb Ripper X | **Day: 60**Yoga X | **Day: 61**Core Synergistics | **Day: 62**Kenpo X | **Day: 63**X Stretch |
| Week 10 | **Day: 64**Chest, Shoulders & TricepsAb Ripper X | **Day: 65**Cardio X | **Day: 66**Back & BicepsAb Ripper X | **Day: 67**Yoga X | **Day: 68**Core Synergistics | **Day: 69**Kenpo X | **Day: 70**X Stretch |
| Week 11 | **Day: 71**Chest & BackAb Ripper X | **Day: 72**Cardio X | **Day: 73**Shoulders & ArmsAb Ripper X | **Day: 74**Yoga X | **Day: 75**Core Synergistics | **Day: 76**Kenpo X | **Day: 77**X Stretch |
| Week 12 | **Day: 78**Chest, Shoulders & TricepsAb Ripper X | **Day: 79**Cardio X | **Day: 80**Back & BicepsAb Ripper X | **Day: 81**Yoga X | **Day: 82**Core Synergistics | **Day: 83**Kenpo X | **Day: 84**X Stretch |
| Week 13 | **Day: 85**Yoga X | **Day: 86**Core Synergistics | **Day: 87**Kenpo X | **Day: 88**X Stretch | **Day: 89**Cardio X | **Day: 90**Yoga X |   |

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**Body Beast Lean**

**May be substituted with Custom Weight Training**

 Sunday Monday Tues Wed Thursday Friday Sat

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| Week 1 | **Day: 1**Build: Chest/Tris | **Day: 2**Build: Legs | **Day: 3**Build: Back/Bis | **Day: 4**Beast: CardioBeast: Abs | **Day: 5**Build: Shoulders | **Day: 6**Rest Day | **Day: 7**Build: Chest/Tris |
| Week 2 | **Day: 8**Build: Legs | **Day: 9**Build: Back/Bis | **Day: 10**Beast: CardioBeast: Abs | **Day: 11**Build: Shoulders | **Day: 12**Rest Day | **Day: 13**Build: Chest/Tris | **Day: 14**Build: Legs |
| Week 3 | **Day: 15**Build: Back/Bis | **Day: 16**Beast: CardioBeast: Abs | **Day: 17**Build: Shoulders | **Day: 18**Rest Day | **Day: 19**Build: Chest/Tris | **Day: 20**Build: Legs | **Day: 21**Build: Back/Bis |
| Week 4 | **Day: 22**Bulk: Chest | **Day: 23**Bulk: Legs | **Day: 24**Bulk: Arms | **Day: 25**Beast: CardioBeast: Abs | **Day: 26**Bulk: Back | **Day: 27**Bulk: Shoulders | **Day: 28**Rest Day |
| Week 5 | **Day: 29**Bulk: Chest | **Day: 30**Bulk: Legs | **Day: 31**Bulk: Arms | **Day: 32**Beast: CardioBeast: Abs | **Day: 33**Bulk: Back | **Day: 34**Bulk: Shoulders | **Day: 35**Rest Day |
| Week 6 | **Day: 36**Bulk: Chest | **Day: 37**Bulk: Legs | **Day: 38**Bulk: Arms | **Day: 39**Beast: CardioBeast: Abs | **Day: 40**Bulk: Back | **Day: 41**Bulk: Shoulders | **Day: 42**Rest Day |
| Week 7 | **Day: 43**Bulk: Chest | **Day: 44**Bulk: Legs | **Day: 45**Bulk: Arms | **Day: 46**Beast: CardioBeast: Abs | **Day: 47**Bulk: Back | **Day: 48**Bulk: Shoulders | **Day: 49**Rest Day |
| Week 8 | **Day: 50**Bulk: Chest | **Day: 51**Bulk: Legs | **Day: 52**Bulk: Arms | **Day: 53**Beast: CardioBeast: Abs | **Day: 54**Bulk: Back | **Day: 55**Bulk: Shoulders | **Day: 56**Rest Day |
| Week 9 | **Day: 57**Build: Chest/Tris | **Day: 58**Bulk: Legs | **Day: 59**Build: Back/Bis | **Day: 60**Beast: CardioBeast: Abs | **Day: 61**Build: Shoulders | **Day: 62**Rest Day | **Day: 63**Beast: CardioBeast: Abs |
| Week 10 | **Day: 64**Bulk: Chest | **Day: 65**Build: Legs | **Day: 66**Bulk: Shoulders | **Day: 67**Bulk: Back | **Day: 68**Bulk: Arms | **Day: 69**Beast: CardioBeast: Abs | **Day: 70**Rest Day |
| Week 11 | **Day: 71**Build: Chest/Tris | **Day: 72**Bulk: Legs | **Day: 73**Build: Back/Bis | **Day: 74**Beast: CardioBeast: Abs | **Day: 75**Build: Shoulders | **Day: 76**Rest Day | **Day: 77**Beast: CardioBeast: Abs |
| Week 12 | **Day: 78**Bulk: Chest | **Day: 79**Build: Legs | **Day: 80**Bulk: Shoulders | **Day: 81**Bulk: Back | **Day: 82**Bulk: Arms | **Day: 83**Beast: CardioBeast: Abs | **Day: 84**Rest Day |

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| May Augment any Breakfast with Organic Juicing.May Augment any Lunch with Shake Ology Shake To Switch foods use myfitnesspal.com any food is ok just stay within the total Carb, Calorie, and Protein Levels for that day.Week 1

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| Today's Nutritional Index |
| Calories | 1,997 |
| Carbs | 162 g |
| Protein | 191 g |
| Fat | 68 g |
| Fiber | 39 g |

DAY 1BreakfastBroccoli and Feta Cheese Omelet3 egg whites and 1 whole egg, beaten together1 cup broccoli3 Tbsp. feta cheese, crumbledSnackRaspberry Protein Smoothie with Flaxseeds1 cup fruit (unsweetened) or 1 scoop shackology1 scoop Beachbody's Whey Protein Powder2 cups nonfat milk2 Tbsp. flaxseeds*Mix ingredients in blender.*LunchTurkey Sandwich with a Salad and Carrots2 slices whole wheat bread (optional6 slices turkey4 romaine lettuce leaves3 tomato slices1 cup alfalfa sprouts9 baby carrotsSnackCottage Cheese with Paprika1-1/2 cups non-fat cottage cheese1 tsp. paprikaDinnerSalmon with Asparagus, Brown Rice, and Salad6 oz. salmon fillet, broiled or baked1/2 cup brown rice, cooked2 cups shredded romaine lettuce1 cup steamed asparagus, chopped1 cup sliced cucumbers1-1/2 Tbsp. Italian dressing

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| Today's Nutritional Index |
| Calories | 1,980 |
| Carbs | 156 g |
| Protein | 192 g |
| Fat | 69 g |
| Fiber | 31 g |

DAY 2BreakfastMushroom Omelet and Toast3 egg whites and 1 whole egg, beaten together1 slice whole wheat bread, toasted1/2 cup fresh sliced mushroomsSnackStrawberry Protein Smoothie1 cup frozen strawberries (unsweetened)1 scoop Beachbody's Whey Protein Powder1 cup nonfat milk*Mix ingredients in blender.*LunchTurkey, Spinach, and Broccoli Salad5 oz. turkey1 cup shredded romaine lettuce1 cup spinach1/4 cup broccoli, chopped1 Tbsp. vinegar1 Tbsp. olive oilSnackApple and Low-Fat Cheese1 apple3 (1-oz.) slices low-fat cheddar or Colby cheeseDinnerChicken, Peas, and Carrots4 oz. broiled chicken breast1 cup frozen peas and carrots, cooked

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| Today's Nutritional Index |
| Calories | 2,000 |
| Carbs | 166 g |
| Protein | 190 g |
| Fat | 67 g |
| Fiber | 32 g |

DAY 3BreakfastCottage Cheese and Raspberries1-1/2 cups Oatmeal, Non Fat Milk. SnackMango Yogurt Protein SmoothieShack ology with fruit1 scoop Beachbody's Whey Protein Powder1-1/2 cups plain low-fat yogurt*Mix ingredients in blender.*LunchChicken Curry5 oz. broiled, skinless chicken breast, chopped1/2 cup cooked brown rice1/2 cup cauliflower1/4 cup chickpeas (garbanzo beans)1/4 clove garlic2 Tbsp. tomato paste3/4 cup low-sodium chicken broth1/2 Tbsp. curry powder*Simmer broth, then add curry powder, tomato paste, and vegetables. Cover with lid, and cook until tender. Add chicken and heat through. Serve over brown rice.*SnackCelery and Peanut Butter4 celery stalks3 Tbsp. peanut butterDinnerHawaiian Chicken Kebabs5 oz. chicken, baked or broiled1 cup onion4 yellow pepper strips1/2 cup pineapple chunks2 cups shredded lettuce1 Tbsp. vinegar1 Tbsp. olive oil*Thread chicken, pineapple, and vegetables onto skewers and drizzle with vinegar and oil, and cook on grill.*DAY 4

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| Today's Nutritional Index |
| Calories | 1,986 |
| Carbs | 156 g |
| Protein | 195 g |
| Fat | 71 g |
| Fiber | 49 g |

BreakfastTomato Omelet with Turkey Bacon and Toast5 egg whites and 1 whole egg, beaten together1/2 tomato, chopped1 slice whole wheat bread2 slices turkey baconSnackCelery and Peanut Butter3 celery stalks2 Tbsp. peanut butterLunchRoast Beef Reuben and Salad5 oz. lean roast beef1/4 cup sauerkraut1 Tbsp. mustard2 slices rye bread1 cup shredded romaine lettuce1 Tbsp. Italian dressing1 dill pickle*Spread mustard on bread. Layer roast beef and sauerkraut onto bread. Serve with salad and pickle.*SnackStrawberry Yogurt Protein Smoothie with Flaxseeds1/2 cup fresh strawberries1 scoop Beachbody's Whey Protein Powder10 oz. plain low-fat yogurt2 Tbsp. flaxseeds*Mix ingredients in blender.*DinnerChicken Burrito with Rice and Beans6 oz. broiled, skinless chicken breast2 Tbsp. salsa1 whole wheat tortilla1/2 cup canned pinto beans1/2 cup cooked long-grain brown rice*Arrange chicken and salsa on tortilla, then heat in oven or microwave. Toss rice and beans together.*

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| Today's Nutritional Index |
| Calories | 2,035 |
| Carbs | 162 g |
| Protein | 198 g |
| Fat | 70 g |
| Fiber | 30 g |

DAY 5BreakfastCottage Cheese with Raspberries and Kiwi1-1/2 cups cottage cheese1 cup PeachesSnackPeanut Butter and Whole Grain Crackers2 Tbsp. peanut butter4 whole grain crackersLunchTurkey and Avocado Sandwich6 (1-oz.) slices lean turkey breast2 slices whole wheat bread4 romaine lettuce leaves1 tsp. mustard2 tomato slices2-1/2 avocado slicesSnackRaspberry Protein Smoothie with FlaxseedsShake Ology1 scoop Beachbody's Whey Protein Powder2 cups nonfat milk2 Tbsp. flaxseeds*Mix ingredients in blender.*DinnerFish taco, Broccoli, and Salad6 oz. Fish, baked or broiled1-1/2 cups cooked broccoli2 cups shredded lettuce1 Tbsp. vinegar1 Tbsp. olive oilCorn Tortia

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| Today's Nutritional Index |
| Calories | 1,976 |
| Carbs | 164 g |
| Protein | 191 g |
| Fat | 68 g |
| Fiber | 31 g |

DAY 6BreakfastBroccoli and Feta Omelet6 egg whites and 1 whole egg, beaten together1 cup broccoli, chopped1 Tbsp. feta cheese, crumbledSnackApple and Peanut Butter1 appleLunchTurkey sandwich6 oz. cooked turkey2 tomato slices1 onion slice3 romaine lettuce leaves1 cup alfalfa sprouts2 whole wheat breadSnackYogurt with Protein, Kiwi, and Flaxseeds10 oz. plain low-fat yogurt1 kiwi, peeled and sliced1 Tbsp. flaxseeds1 scoop Beachbody's Whey Protein PowderDinnerChicken Pita6 oz. broiled, skinless chicken, sliced1/2 cup chopped onion1/2 cup mushrooms1/2 cup shredded low-fat Swiss cheese1/2 cup tomato sauce1 medium whole wheat pita*Heat tomato sauce, add onion, cover pan, and cook until tender. Place chicken in pita, pour sauce over, and top with cheese.*DAY 7BreakfastScrambled Eggs with Turkey Bacon, Tomato, and Toast

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| Today's Nutritional Index |
| Calories | 1,976 |
| Carbs | 164 g |
| Protein | 191 g |
| Fat | 68 g |
| Fiber | 31 g |

5 egg whites and 1 whole egg, scrambled5 slices turkey bacon1 slice whole wheat bread1/2 tomatoSnackBlueberry Yogurt Smoothie with Flaxseeds1 cup frozen blueberries (unsweetened)1 scoop Beachbody's Whey Protein Powder10 oz. plain low-fat yogurt1/2 Tbsp. flaxseeds*Mix ingredients in blender.*LunchChicken Pita6 oz. boneless, skinless chicken breast, sliced2 slices fresh tomato1 cup alfalfa sprouts1 cup shredded lettuce1-1/2 Tbsp. fat-free ranch dressing1 whole wheat pitaSnackAlmonds30 raw almondsDinnerSteak, Brussels Sprouts, and Salad6 oz. lean beefsteak, broiled1-1/2 cups brussels sprouts, boiled2 cups shredded lettuce1 Tbsp. Italian dressingWeek 2

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| Today's Nutritional Index |
| Calories | 2,016 |
| Carbs | 163 g |
| Protein | 201 g |
| Fat | 68 g |
| Fiber | 44 g |

DAY 8BreakfastWaffles with Cottage Cheese, Blueberries, and Turkey Bacon2 whole grain waffles or pancakes1 cup low-fat cottage cheese1 cup fresh fruit3 slices turkey baconSnackRaspberry Protein Smoothie1 cup fresh fruit1 scoop Beachbody's Whey Protein Powder1 cup nonfat milk1 Tbsp. flaxseeds*Mix ingredients in blender.*LunchTuna Salad and a Whole Grain Cracker (or Tuna from Sand shop)6 oz. water-packed tuna, drained1 cup shredded romaine lettuce1 cup spinach, chopped1/3 cup chopped onion1 Tbsp. olive oil1 whole grain cracker*Combine ingredients and serve with a whole grain cracker.*SnackCelery and Peanut Butter3 stalks celery2 Tbsp. peanut butterDinnerChicken and Snow Pea Stir-Fry on Brown Rice6 oz. skinless, broiled chicken breast, sliced1/2 cup cooked brown rice1 cup snow peas1 cup onion, chopped2 Tbsp. soy sauce*Stir-fry chicken, then add vegetables. Cook until tender. Add soy sauce. Serve over rice.*

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| Today's Nutritional Index |
| Calories | 1,986 |
| Carbs | 158 g |
| Protein | 200 g |
| Fat | 63 g |
| Fiber | 34 g |

DAY 9BreakfastFeta, Black Olive, and Tomato Omelet6 egg whites and 1 whole egg, beaten together1/2 cup chopped black olives2 oz. feta cheese1/2 medium tomato choppedSnackApple and Cottage Cheese1 apple1 cup low-fat cottage cheeseLunchTurkey and Avocado Pita6 slices lean turkey breast4 slices avocado1 medium whole wheat pita4 lettuce leaves2 slices tomato1 tsp. mustardSnackRaspberry Protein Smoothie1 cup fresh raspberries1 scoop Beachbody's Whey Protein Powder2 cups nonfat milk2 Tbsp. flaxseeds*Mix together in blender.*DinnerGrilled Ahi Tuna Salad6 oz. Ahi tuna steak1 oz. soybeans1/4 cup water chestnuts, chopped1/2 cup papaya1/4 oz. sesame seeds2 cups raw arugula2 Tbsp. lime soy vinaigrette\**Grill tuna for two to four minutes on each side, then slice. Arrange arugula on plate. Sprinkle soybeans and water chestnuts on top. Add papaya and tuna last. Garnish with sesame seeds and drizzle with lime soy vinaigrette.**\*Combine 1/2 cup rice vinegar, 1/2 cup low-sodium soy sauce, 1/2 cup fresh lime juice, 4 tsp. dark sesame oil, 2 tsp. lemon zest, 2 tsp. fresh ginger, 4 cloves minced garlic.*

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| Today's Nutritional Index |
| Calories | 1,999 |
| Carbs | 157 g |
| Protein | 193 g |
| Fat | 69 g |
| Fiber | 31 g |

DAY 10BreakfastBagel with Salmon, Cream Cheese, Tomato, and Onion1 whole grain bagel5 oz. smoked salmon3 Tbsp. low-fat cream cheese3 slices tomato1 onion sliceSnackCottage Cheese with Raspberries1 cup low-fat cottage cheese1 cup fresh raspberriesLunchBig Salad with Chicken6 oz. skinless chicken breast, baked or broiled1-1/2 cups broccoli, chopped3/4 cup chickpeas2 cups lettuce, chopped1/2 Tbsp. olive oil1/3 cup vinegarSnackBlueberry Yogurt Protein Smoothie1/2 cup frozen blueberries (unsweetened)1 scoop Beachbody's Whey Protein Powder8 oz. plain low-fat yogurt*Mix ingredients in blender.*DinnerShrimp Pasta Pomodoro1/4 cup whole wheat spaghetti, cooked and drained6 oz. shrimp3 oz. low-sodium chicken broth1 clove garlic1 Tbsp. olive oil1/2 tomato2 Tbsp. fresh basil*Sauté garlic until slightly golden. Add chicken broth and tomato, and simmer until tender. Add shrimp to pan and cook until opaque. Add basil and toss with pasta.*DAY 11

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| Today's Nutritional Index |
| Calories | 2,035 |
| Carbs | 169 g |
| Protein | 196 g |
| Fat | 66 g |
| Fiber | 32 g |

BreakfastScrambled Eggs with Mushrooms, Tomato, and Turkey Bacon5 egg whites and 1 whole egg, scrambled together1 cup mushrooms1/2 cup tomato2 slices turkey baconSnackCottage Cheese with Raspberries2 cups low-fat cottage cheese3/4 cup fresh raspberriesLunchChicken Soup and Salad with Whole Grain Crackers2-1/2 cups chicken soup2 cups shredded lettuce1/4 cup broccoli1 Tbsp. Italian dressing2 whole grain crackersSnackBlueberry Yogurt Smoothie1 cup frozen blueberries (unsweetened)1 scoop Beachbody's Whey Protein Powder10 oz. plain low-fat yogurt2 Tbsp. flaxseeds*Mix together in blender.*DinnerItalian Meatloaf1-1/2 cups ground turkey1/4 cup chopped onion1/2 cup chicken broth1/3 cup tomato sauce1 slice toasted sourdough breadcrumbs1 clove garlic2 Tbsp. basil1 oz. parsley*Preheat oven to 450 degrees. Sauté onions in broth until lightly brown. Add garlic and cook five minutes more. Remove from heat and cool slightly. Combine all ingredients in a large bowl and mix. Place mixture in an ungreased loaf pan. Bake until cooked through, 30 to 45 minutes. Drain fat and let cool before slicing into 8 pieces.*DAY 12

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| Today's Nutritional Index |
| Calories | 1,985 |
| Carbs | 151 g |
| Protein | 201 g |
| Fat | 67 g |
| Fiber | 30 g |

BreakfastScrambled Eggs with Blueberries, Banana, and Turkey Bacon5 egg whites and 1 whole egg, scrambled together3 slices turkey bacon1/2 cup fresh blueberries1 bananaSnackWhole Grain Crackers and Cheese6 whole grain crackers6 slices low-fat cheddar or Colby cheeseLunchTurkey Sandwich with Baby Carrots9 slices skinless turkey breast, baked or broiled2 slices whole wheat bread4 leaves romaine lettuce1 tsp. mustard2 slices tomato7 baby carrots1/2 cup white potato chips, bakedSnackRaspberry Yogurt Smoothie1 cup fresh raspberries10 oz. plain low-fat yogurt1 scoop Beachbody's Whey Protein Powder1 Tbsp. flaxseeds*Mix together in blender.*DinnerSteak and Arugula Salad6 oz. beef flank steak1 cup arugula5 cherry tomatoes1/4 cup artichokes2 Tbsp. lime soy vinaigrette\**\*Combine 1/2 cup rice vinegar, 1/2 cup low-sodium soy sauce, 1/2 cup fresh lime juice, 4 tsp. dark sesame oil, 2 tsp. lemon zest, 2 tsp. fresh ginger, 4 cloves minced garlic.*DAY 13

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| Today's Nutritional Index |
| Calories | 1,995 |
| Carbs | 168 g |
| Protein | 185 g |
| Fat | 67 g |
| Fiber | 33 g |

BreakfastBreakfast Burrito5 egg whites and 1 whole egg, scrambled together1 whole wheat tortilla, warmed1/2 cup canned pinto beans2 Tbsp. salsaSnackStrawberry Protein Smoothie1-1/2 cups fresh strawberries1 scoop Beachbody's Whey Protein Powder2 cup nonfat milk2 Tbsp. flaxseeds*Mix ingredients in blender.*LunchChicken Salad6 oz. broiled, skinless chicken breast, chopped1/2 cup chopped onion1 cup cucumber1 cup arugula1 cup chopped romaine lettuce3 Tbsp. Italian dressingSnackCottage Cheese with Paprika1 cup low-fat cottage cheese1 Tbsp. paprikaDinnerPork Chop with Sweet Potato5 oz. lean boneless, broiled pork chop1 medium sweet potato, steamed or baked

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| Today's Nutritional Index |
| Calories | 1,976 |
| Carbs | 164 g |
| Protein | 191 g |
| Fat | 68 g |
| Fiber | 31 g |

DAY 14BreakfastCheese and Tomato Omelet with Toast7 egg whites, scrambled1 oz. fat-free Parmesan cheese1 medium tomato, chopped1 slice whole wheat breadSnackAlmonds and Banana10 almonds1 bananaLunchSalmon and Salad with Whole Grain Crackers6 oz. salmon1/4 cup chopped onion1 cup arugula1 cup romaine lettuce2 Tbsp. Italian dressing4 whole grain crackersSnackStrawberry Protein Smoothie1-1/2 cups fresh strawberries2 cups nonfat milk1 scoop Beachbody's Whey Protein Powder1 Tbsp. flaxseeds*Mix ingredients in blender.*DinnerChicken with Peas and Carrots6 oz. boneless, skinless chicken breast, baked or broiled1-1/2 cups frozen peas and carrots |

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