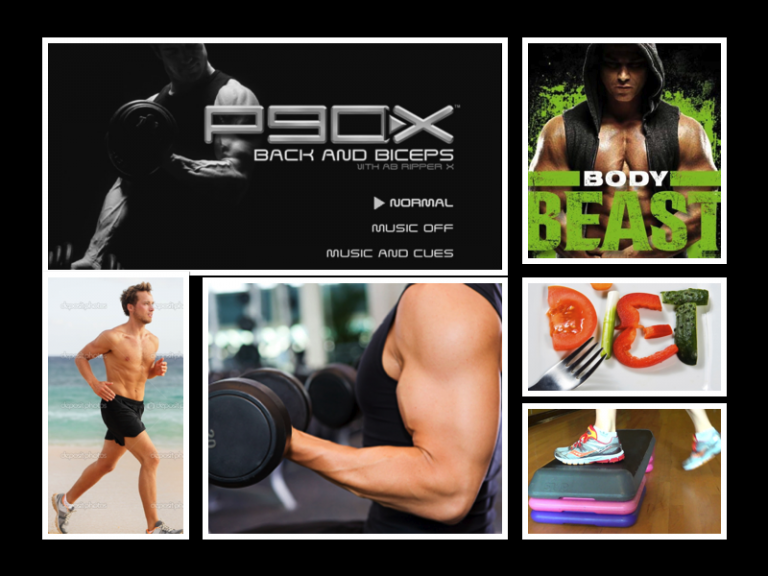
****Jeffery Morse Workout And Diet Schedule

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|  |  | **Your heart rate zones:**   |  |  | | --- | --- | | **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**   |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | Week 1 | **Day: 1** Core Synergistics | **Day: 2** Cardio X | **Day: 3** Shoulders & Arms Ab Ripper X | **Day: 4** Yoga X | **Day: 5** Legs & Back Ab Ripper X | **Day: 6** Kenpo X | **Day: 7** X Stretch | | Week 2 | **Day: 8** Core Synergistics | **Day: 9** Cardio X | **Day: 10** Shoulders & Arms Ab Ripper X | **Day: 11** Yoga X | **Day: 12** Legs & Back Ab Ripper X | **Day: 13** Kenpo X | **Day: 14** X Stretch | | Week 3 | **Day: 15** Core Synergistics | **Day: 16** Cardio X | **Day: 17** Shoulders & Arms Ab Ripper X | **Day: 18** Yoga X | **Day: 19** Legs & Back Ab 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 & Triceps Ab Ripper X | **Day: 32** Yoga X | **Day: 33** Legs & Back Ab Ripper X | **Day: 34** Kenpo X | **Day: 35** X Stretch | | Week 6 | **Day: 36** Core Synergistics | **Day: 37** Cardio X | **Day: 38** Chest, Shoulders & Triceps Ab Ripper X | **Day: 39** Yoga X | **Day: 40** Legs & Back Ab Ripper X | **Day: 41** Kenpo X | **Day: 42** X Stretch | | Week 7 | **Day: 43** Core Synergistics | **Day: 44** Cardio X | **Day: 45** Chest, Shoulders & Triceps Ab Ripper X | **Day: 46** Yoga X | **Day: 47** Legs & Back Ab 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 & Back Ab Ripper X | **Day: 58** Cardio X | **Day: 59** Shoulders & Arms Ab Ripper X | **Day: 60** Yoga X | **Day: 61** Core Synergistics | **Day: 62** Kenpo X | **Day: 63** X Stretch | | Week 10 | **Day: 64** Chest, Shoulders & Triceps Ab Ripper X | **Day: 65** Cardio X | **Day: 66** Back & Biceps Ab Ripper X | **Day: 67** Yoga X | **Day: 68** Core Synergistics | **Day: 69** Kenpo X | **Day: 70** X Stretch | | Week 11 | **Day: 71** Chest & Back Ab Ripper X | **Day: 72** Cardio X | **Day: 73** Shoulders & Arms Ab Ripper X | **Day: 74** Yoga X | **Day: 75** Core Synergistics | **Day: 76** Kenpo X | **Day: 77** X Stretch | | Week 12 | **Day: 78** Chest, Shoulders & Triceps Ab Ripper X | **Day: 79** Cardio X | **Day: 80** Back & Biceps Ab 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 |  | |  |

**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: Cardio Beast: 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: Cardio Beast: 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: Cardio Beast: 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: Cardio Beast: 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: Cardio Beast: 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: Cardio Beast: 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: Cardio Beast: 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: Cardio Beast: 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: Cardio Beast: Abs | **Day: 61** Build: Shoulders | **Day: 62** Rest Day | **Day: 63** Beast: Cardio Beast: 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: Cardio Beast: Abs | **Day: 70** Rest Day |
| Week 11 | **Day: 71** Build: Chest/Tris | **Day: 72** Bulk: Legs | **Day: 73** Build: Back/Bis | **Day: 74** Beast: Cardio Beast: Abs | **Day: 75** Build: Shoulders | **Day: 76** Rest Day | **Day: 77** Beast: Cardio Beast: 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: Cardio Beast: 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   |  |  | | --- | --- | | Today's Nutritional Index | | | Calories | 1,997 | | Carbs | 162 g | | Protein | 191 g | | Fat | 68 g | | Fiber | 39 g |   DAY 1  Breakfast  Broccoli and Feta Cheese Omelet  3 egg whites and 1 whole egg, beaten together  1 cup broccoli  3 Tbsp. feta cheese, crumbled  Snack  Raspberry Protein Smoothie with Flaxseeds  1 cup fruit (unsweetened) or 1 scoop shackology  1 scoop Beachbody's Whey Protein Powder  2 cups nonfat milk  2 Tbsp. flaxseeds  *Mix ingredients in blender.*  Lunch  Turkey Sandwich with a Salad and Carrots  2 slices whole wheat bread (optional  6 slices turkey  4 romaine lettuce leaves  3 tomato slices  1 cup alfalfa sprouts  9 baby carrots  Snack  Cottage Cheese with Paprika  1-1/2 cups non-fat cottage cheese  1 tsp. paprika  Dinner  Salmon with Asparagus, Brown Rice, and Salad  6 oz. salmon fillet, broiled or baked  1/2 cup brown rice, cooked  2 cups shredded romaine lettuce  1 cup steamed asparagus, chopped  1 cup sliced cucumbers  1-1/2 Tbsp. Italian dressing   |  |  | | --- | --- | | Today's Nutritional Index | | | Calories | 1,980 | | Carbs | 156 g | | Protein | 192 g | | Fat | 69 g | | Fiber | 31 g |   DAY 2  Breakfast  Mushroom Omelet and Toast  3 egg whites and 1 whole egg, beaten together  1 slice whole wheat bread, toasted  1/2 cup fresh sliced mushrooms  Snack  Strawberry Protein Smoothie  1 cup frozen strawberries (unsweetened)  1 scoop Beachbody's Whey Protein Powder  1 cup nonfat milk  *Mix ingredients in blender.*  Lunch  Turkey, Spinach, and Broccoli Salad  5 oz. turkey  1 cup shredded romaine lettuce  1 cup spinach  1/4 cup broccoli, chopped  1 Tbsp. vinegar  1 Tbsp. olive oil  Snack  Apple and Low-Fat Cheese  1 apple  3 (1-oz.) slices low-fat cheddar or Colby cheese  Dinner  Chicken, Peas, and Carrots  4 oz. broiled chicken breast  1 cup frozen peas and carrots, cooked   |  |  | | --- | --- | | Today's Nutritional Index | | | Calories | 2,000 | | Carbs | 166 g | | Protein | 190 g | | Fat | 67 g | | Fiber | 32 g |   DAY 3  Breakfast  Cottage Cheese and Raspberries  1-1/2 cups Oatmeal,  Non Fat Milk.  Snack  Mango Yogurt Protein Smoothie  Shack ology with fruit  1 scoop Beachbody's Whey Protein Powder  1-1/2 cups plain low-fat yogurt  *Mix ingredients in blender.*  Lunch  Chicken Curry  5 oz. broiled, skinless chicken breast, chopped  1/2 cup cooked brown rice  1/2 cup cauliflower  1/4 cup chickpeas (garbanzo beans)  1/4 clove garlic  2 Tbsp. tomato paste  3/4 cup low-sodium chicken broth  1/2 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.*  Snack  Celery and Peanut Butter  4 celery stalks  3 Tbsp. peanut butter  Dinner  Hawaiian Chicken Kebabs  5 oz. chicken, baked or broiled  1 cup onion  4 yellow pepper strips  1/2 cup pineapple chunks  2 cups shredded lettuce  1 Tbsp. vinegar  1 Tbsp. olive oil  *Thread chicken, pineapple, and vegetables onto skewers and drizzle with vinegar and oil, and cook on grill.*  DAY 4   |  |  | | --- | --- | | Today's Nutritional Index | | | Calories | 1,986 | | Carbs | 156 g | | Protein | 195 g | | Fat | 71 g | | Fiber | 49 g |   Breakfast  Tomato Omelet with Turkey Bacon and Toast  5 egg whites and 1 whole egg, beaten together  1/2 tomato, chopped  1 slice whole wheat bread  2 slices turkey bacon  Snack  Celery and Peanut Butter  3 celery stalks  2 Tbsp. peanut butter  Lunch  Roast Beef Reuben and Salad  5 oz. lean roast beef  1/4 cup sauerkraut  1 Tbsp. mustard  2 slices rye bread  1 cup shredded romaine lettuce  1 Tbsp. Italian dressing  1 dill pickle  *Spread mustard on bread. Layer roast beef and sauerkraut onto bread. Serve with salad and pickle.*  Snack  Strawberry Yogurt Protein Smoothie with Flaxseeds  1/2 cup fresh strawberries  1 scoop Beachbody's Whey Protein Powder  10 oz. plain low-fat yogurt  2 Tbsp. flaxseeds  *Mix ingredients in blender.*  Dinner  Chicken Burrito with Rice and Beans  6 oz. broiled, skinless chicken breast  2 Tbsp. salsa  1 whole wheat tortilla  1/2 cup canned pinto beans  1/2 cup cooked long-grain brown rice  *Arrange chicken and salsa on tortilla, then heat in oven or microwave. Toss rice and beans together.*   |  |  | | --- | --- | | Today's Nutritional Index | | | Calories | 2,035 | | Carbs | 162 g | | Protein | 198 g | | Fat | 70 g | | Fiber | 30 g |   DAY 5  Breakfast  Cottage Cheese with Raspberries and Kiwi  1-1/2 cups cottage cheese  1 cup Peaches  Snack  Peanut Butter and Whole Grain Crackers  2 Tbsp. peanut butter  4 whole grain crackers  Lunch  Turkey and Avocado Sandwich  6 (1-oz.) slices lean turkey breast  2 slices whole wheat bread  4 romaine lettuce leaves  1 tsp. mustard  2 tomato slices  2-1/2 avocado slices  Snack  Raspberry Protein Smoothie with Flaxseeds  Shake Ology  1 scoop Beachbody's Whey Protein Powder  2 cups nonfat milk  2 Tbsp. flaxseeds  *Mix ingredients in blender.*  Dinner  Fish taco, Broccoli, and Salad  6 oz. Fish, baked or broiled  1-1/2 cups cooked broccoli  2 cups shredded lettuce  1 Tbsp. vinegar  1 Tbsp. olive oil  Corn Tortia   |  |  | | --- | --- | | Today's Nutritional Index | | | Calories | 1,976 | | Carbs | 164 g | | Protein | 191 g | | Fat | 68 g | | Fiber | 31 g |   DAY 6  Breakfast  Broccoli and Feta Omelet  6 egg whites and 1 whole egg, beaten together  1 cup broccoli, chopped  1 Tbsp. feta cheese, crumbled  Snack  Apple and Peanut Butter  1 apple  Lunch  Turkey sandwich  6 oz. cooked turkey  2 tomato slices  1 onion slice  3 romaine lettuce leaves  1 cup alfalfa sprouts  2 whole wheat bread  Snack  Yogurt with Protein, Kiwi, and Flaxseeds  10 oz. plain low-fat yogurt  1 kiwi, peeled and sliced  1 Tbsp. flaxseeds  1 scoop Beachbody's Whey Protein Powder  Dinner  Chicken Pita  6 oz. broiled, skinless chicken, sliced  1/2 cup chopped onion  1/2 cup mushrooms  1/2 cup shredded low-fat Swiss cheese  1/2 cup tomato sauce  1 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 7  Breakfast  Scrambled Eggs with Turkey Bacon, Tomato, and Toast   |  |  | | --- | --- | | 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, scrambled  5 slices turkey bacon  1 slice whole wheat bread  1/2 tomato  Snack  Blueberry Yogurt Smoothie with Flaxseeds  1 cup frozen blueberries (unsweetened)  1 scoop Beachbody's Whey Protein Powder  10 oz. plain low-fat yogurt  1/2 Tbsp. flaxseeds  *Mix ingredients in blender.*  Lunch  Chicken Pita  6 oz. boneless, skinless chicken breast, sliced  2 slices fresh tomato  1 cup alfalfa sprouts  1 cup shredded lettuce  1-1/2 Tbsp. fat-free ranch dressing  1 whole wheat pita  Snack  Almonds  30 raw almonds  Dinner  Steak, Brussels Sprouts, and Salad  6 oz. lean beefsteak, broiled  1-1/2 cups brussels sprouts, boiled  2 cups shredded lettuce  1 Tbsp. Italian dressing  Week 2   |  |  | | --- | --- | | Today's Nutritional Index | | | Calories | 2,016 | | Carbs | 163 g | | Protein | 201 g | | Fat | 68 g | | Fiber | 44 g |   DAY 8  Breakfast  Waffles with Cottage Cheese, Blueberries, and Turkey Bacon  2 whole grain waffles or pancakes  1 cup low-fat cottage cheese  1 cup fresh fruit  3 slices turkey bacon  Snack  Raspberry Protein Smoothie  1 cup fresh fruit  1 scoop Beachbody's Whey Protein Powder  1 cup nonfat milk  1 Tbsp. flaxseeds  *Mix ingredients in blender.*  Lunch  Tuna Salad and a Whole Grain Cracker (or Tuna from Sand shop)  6 oz. water-packed tuna, drained  1 cup shredded romaine lettuce  1 cup spinach, chopped  1/3 cup chopped onion  1 Tbsp. olive oil  1 whole grain cracker  *Combine ingredients and serve with a whole grain cracker.*  Snack  Celery and Peanut Butter  3 stalks celery  2 Tbsp. peanut butter  Dinner  Chicken and Snow Pea Stir-Fry on Brown Rice  6 oz. skinless, broiled chicken breast, sliced  1/2 cup cooked brown rice  1 cup snow peas  1 cup onion, chopped  2 Tbsp. soy sauce  *Stir-fry chicken, then add vegetables. Cook until tender. Add soy sauce. Serve over rice.*   |  |  | | --- | --- | | Today's Nutritional Index | | | Calories | 1,986 | | Carbs | 158 g | | Protein | 200 g | | Fat | 63 g | | Fiber | 34 g |   DAY 9  Breakfast  Feta, Black Olive, and Tomato Omelet  6 egg whites and 1 whole egg, beaten together  1/2 cup chopped black olives  2 oz. feta cheese  1/2 medium tomato chopped  Snack  Apple and Cottage Cheese  1 apple  1 cup low-fat cottage cheese  Lunch  Turkey and Avocado Pita  6 slices lean turkey breast  4 slices avocado  1 medium whole wheat pita  4 lettuce leaves  2 slices tomato  1 tsp. mustard  Snack  Raspberry Protein Smoothie  1 cup fresh raspberries  1 scoop Beachbody's Whey Protein Powder  2 cups nonfat milk  2 Tbsp. flaxseeds  *Mix together in blender.*  Dinner  Grilled Ahi Tuna Salad  6 oz. Ahi tuna steak  1 oz. soybeans  1/4 cup water chestnuts, chopped  1/2 cup papaya  1/4 oz. sesame seeds  2 cups raw arugula  2 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.*   |  |  | | --- | --- | | Today's Nutritional Index | | | Calories | 1,999 | | Carbs | 157 g | | Protein | 193 g | | Fat | 69 g | | Fiber | 31 g |   DAY 10  Breakfast  Bagel with Salmon, Cream Cheese, Tomato, and Onion  1 whole grain bagel  5 oz. smoked salmon  3 Tbsp. low-fat cream cheese  3 slices tomato  1 onion slice  Snack  Cottage Cheese with Raspberries  1 cup low-fat cottage cheese  1 cup fresh raspberries  Lunch  Big Salad with Chicken  6 oz. skinless chicken breast, baked or broiled  1-1/2 cups broccoli, chopped  3/4 cup chickpeas  2 cups lettuce, chopped  1/2 Tbsp. olive oil  1/3 cup vinegar  Snack  Blueberry Yogurt Protein Smoothie  1/2 cup frozen blueberries (unsweetened)  1 scoop Beachbody's Whey Protein Powder  8 oz. plain low-fat yogurt  *Mix ingredients in blender.*  Dinner  Shrimp Pasta Pomodoro  1/4 cup whole wheat spaghetti, cooked and drained  6 oz. shrimp  3 oz. low-sodium chicken broth  1 clove garlic  1 Tbsp. olive oil  1/2 tomato  2 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   |  |  | | --- | --- | | Today's Nutritional Index | | | Calories | 2,035 | | Carbs | 169 g | | Protein | 196 g | | Fat | 66 g | | Fiber | 32 g |   Breakfast  Scrambled Eggs with Mushrooms, Tomato, and Turkey Bacon  5 egg whites and 1 whole egg, scrambled together  1 cup mushrooms  1/2 cup tomato  2 slices turkey bacon  Snack  Cottage Cheese with Raspberries  2 cups low-fat cottage cheese  3/4 cup fresh raspberries  Lunch  Chicken Soup and Salad with Whole Grain Crackers  2-1/2 cups chicken soup  2 cups shredded lettuce  1/4 cup broccoli  1 Tbsp. Italian dressing  2 whole grain crackers  Snack  Blueberry Yogurt Smoothie  1 cup frozen blueberries (unsweetened)  1 scoop Beachbody's Whey Protein Powder  10 oz. plain low-fat yogurt  2 Tbsp. flaxseeds  *Mix together in blender.*  Dinner  Italian Meatloaf  1-1/2 cups ground turkey  1/4 cup chopped onion  1/2 cup chicken broth  1/3 cup tomato sauce  1 slice toasted sourdough breadcrumbs  1 clove garlic  2 Tbsp. basil  1 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   |  |  | | --- | --- | | Today's Nutritional Index | | | Calories | 1,985 | | Carbs | 151 g | | Protein | 201 g | | Fat | 67 g | | Fiber | 30 g |   Breakfast  Scrambled Eggs with Blueberries, Banana, and Turkey Bacon  5 egg whites and 1 whole egg, scrambled together  3 slices turkey bacon  1/2 cup fresh blueberries  1 banana  Snack  Whole Grain Crackers and Cheese  6 whole grain crackers  6 slices low-fat cheddar or Colby cheese  Lunch  Turkey Sandwich with Baby Carrots  9 slices skinless turkey breast, baked or broiled  2 slices whole wheat bread  4 leaves romaine lettuce  1 tsp. mustard  2 slices tomato  7 baby carrots  1/2 cup white potato chips, baked  Snack  Raspberry Yogurt Smoothie  1 cup fresh raspberries  10 oz. plain low-fat yogurt  1 scoop Beachbody's Whey Protein Powder  1 Tbsp. flaxseeds  *Mix together in blender.*  Dinner  Steak and Arugula Salad  6 oz. beef flank steak  1 cup arugula  5 cherry tomatoes  1/4 cup artichokes  2 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   |  |  | | --- | --- | | Today's Nutritional Index | | | Calories | 1,995 | | Carbs | 168 g | | Protein | 185 g | | Fat | 67 g | | Fiber | 33 g |   Breakfast  Breakfast Burrito  5 egg whites and 1 whole egg, scrambled together  1 whole wheat tortilla, warmed  1/2 cup canned pinto beans  2 Tbsp. salsa  Snack  Strawberry Protein Smoothie  1-1/2 cups fresh strawberries  1 scoop Beachbody's Whey Protein Powder  2 cup nonfat milk  2 Tbsp. flaxseeds  *Mix ingredients in blender.*  Lunch  Chicken Salad  6 oz. broiled, skinless chicken breast, chopped  1/2 cup chopped onion  1 cup cucumber  1 cup arugula  1 cup chopped romaine lettuce  3 Tbsp. Italian dressing  Snack  Cottage Cheese with Paprika  1 cup low-fat cottage cheese  1 Tbsp. paprika  Dinner  Pork Chop with Sweet Potato  5 oz. lean boneless, broiled pork chop  1 medium sweet potato, steamed or baked   |  |  | | --- | --- | | Today's Nutritional Index | | | Calories | 1,976 | | Carbs | 164 g | | Protein | 191 g | | Fat | 68 g | | Fiber | 31 g |   DAY 14  Breakfast  Cheese and Tomato Omelet with Toast  7 egg whites, scrambled  1 oz. fat-free Parmesan cheese  1 medium tomato, chopped  1 slice whole wheat bread  Snack  Almonds and Banana  10 almonds  1 banana  Lunch  Salmon and Salad with Whole Grain Crackers  6 oz. salmon  1/4 cup chopped onion  1 cup arugula  1 cup romaine lettuce  2 Tbsp. Italian dressing  4 whole grain crackers  Snack  Strawberry Protein Smoothie  1-1/2 cups fresh strawberries  2 cups nonfat milk  1 scoop Beachbody's Whey Protein Powder  1 Tbsp. flaxseeds  *Mix ingredients in blender.*  Dinner  Chicken with Peas and Carrots  6 oz. boneless, skinless chicken breast, baked or broiled  1-1/2 cups frozen peas and carrots |

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