

Jeffery Morse Workout And Diet Schedule

Your heart rate zones:

Zone name **Target beats per minute**

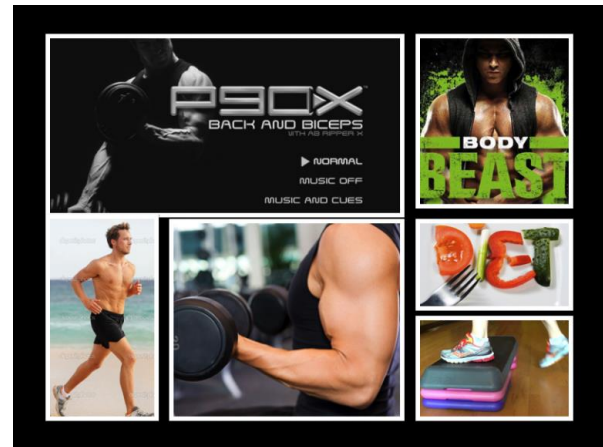
Recovery Zone to

Temperate Zone to

Aerobic Zone to

An Aerobic Zone to

Redline Zone to



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
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

May Augment any Breakfast with Organic Juicing.
May Augment any Lunch with Shakeology 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

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	1,997
Carbs	162 g
Protein	191 g
Fat	68 g
Fiber	39 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	1,980
Carbs	156 g
Protein	192 g
Fat	69 g
Fiber	31 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

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

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

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.

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

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.

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	2,035
Carbs	162 g
Protein	198 g
Fat	70 g
Fiber	30 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

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

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

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

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

Toast

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

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

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

1 cup onion, chopped
2 Tbsp. soy sauce
Stir-fry chicken, then add vegetables. Cook until tender. Add soy sauce. Serve over rice.

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	1,986
Carbs	158 g
Protein	200 g
Fat	63 g
Fiber	34 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.

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

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

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

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

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

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*

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

**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

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	1,995
Carbs	168 g
Protein	185 g
Fat	67 g
Fiber	33 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

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

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