

Weekly Plan

Monday and Tuesday

- **Phase 1:** *high glycemic, moderate protein, low fat phase*

<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner + Cardio</u>
Fruit	Fruit	Fruit	Fruit	Grain
Grain		Grain		Protein
		Protein		Veggie
		Veggie		

Wednesday and Thursday

- **Phase 2:** *high protein, high veggie, low carb, low fat phase*

<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner + Cardio</u>
Protein	Protein	Protein	Protein	Protein
Veggie		Veggie		Veggie

Friday, Saturday and Sunday

- **Phase 3:** *high healthy fat, moderate carb, moderate protein, low glycemic*

<u>Breakfast</u>	<u>Snack</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner + Cardio</u>
Fat/Protein	Fat/Protein	Fat/Protein	Fat/Protein	Fat/Protein
Veggie	Veggie	Veggie	Veggie (optional)	Veggie
Grain		Fruit		Grain (optional)
Fruit				

Water= ½ your body weight in fluid ounces: 180lbs= 90 ounces