

# Menu Days 7&8

EAT within 30 minutes of waking up!!

Space meals every 3-4 hours

1 gallon of distilled water daily

Meal #1	Pro (g)	Carb (g)	Fat (g)	Calories
Brewed Coffee 12-16 oz		1		5
Apple Cider Vinegar & Lemon Juice 1 oz each				
Cold Pressed Veggie Drink (like Suja brand) 12-20 oz	2	35		130
Eggs (whole, raw, fresh) 3 medium	17	1	13	189
Butter (Regular, unsalted) 1 pat; 0.2 oz			4	36
Total:	20	36	17	360

Meal #2	Pro (g)	Carb (g)	Fat (g)	Calories
Chicken Salad with Kale and Veggies				
Chicken Breast (without skin, roasted) 4 oz	35		4	186
Kale (raw) 2 cups	4	13	1	67
Cherry Tomatoes 3 oz			5	25
Feta Cheese 1 cube; 0.6 oz	2	1	4	45
Dried Cranberries 1 oz		24		92
Sweet Bell Pepper & Onion 3 oz	18	2	7	150
Total:	59	45	16	565

Meal #3	Pro (g)	Carb (g)	Fat (g)	Calories
DotFit LeanMR Nutrition Shake - Vanilla	20	23	2	180
2 scoops				
Total:	20	23	2	180

Meal #4	Pro (g)	Carb (g)	Fat (g)	Calories
Salmon (broiled or baked) 4 oz	25		14	233
Spinach (raw) 1 cup	1	1		7
Asparagus (fresh, steamed) 1 side portion	4	5	4	80
Feta Cheese 1 cube; 0.6 oz	2	1	4	45
Cherry Tomatoes 3 oz		2		8
Total:	32	9	22	373

Distilled Water: .5 to 1 oz per pound of body weight per day  
(1 gallon for simple math)