

## **\*\*PERSONAL NOTE\*\***

The goal is to minimize and eventually remove any junk or high sugar and fat content food out of your diet. Knowing how much you need to eat and the time of day will help you to stay on track.

It will be a challenge, but you can do this!

Drink 1 gallon of water a day! Minimize and cut out any sugary drinks. If you enjoy tea, you may drink iced tea but it does need to be unsweetened. Only use 1 packet of stevia if your tea is too bland for your taste.

This week you can have one "Treat Meal" (TM) and one "Treat Dessert" (TD). It doesn't mean the entire day you'll be having these meals. Only one of each. Preferably on the weekend to treat yourself for a great week of clean eating.

Keep Rockin it!  
Sylvia =)

# Week 1

## **- 7am Meal -**

Rolled Oats	½ cup
Egg Whites	4 large
Almond Butter or Peanut Butter	1 teaspoon
Black Coffee w/1 stevia packet or Green Tea	1 cup

\*Put the raw oats and eggs together in a bowl and place in the refrigerator overnight. Cook the mix on a pan as you would a pancake. Add the almond butter or peanut butter on top.

## **- 10am Meal -**

Protein Shake	1 Scoop
Unsweetened Almond Milk	6 ounces
Blueberries/Raspberries	3 ounces

\*Combine all the ingredients to make a smoothie. Be sure to note the fat and carb content of your protein powder keep the fat and sugar below 2 grams and the carb low.

## **- 1pm Meal -**

Grilled Fish or Chicken	4 ounces
Red potatoes (baked)	3 ounces
Broccoli (steamed)	1 cup
Avocado	2 ounce

\*Use pam or a non-stick spray to cook your fish or chicken. Do not add oils to it, use lemon pepper, garlic powder for taste. I like to grill onions and parsley to add flavor.

***- 4pm Meal -***

Apple	1 Medium
Grilled Chicken or Fish	4 ounces

\*Add grilled onions or parsley to add flavor to your protein. Gala or granny smith apples are my two top favorites.

***- 7pm Meal -***

Grilled Salmon or Mahi-Mahi	5 ounces
Jasmine Brown Rice	½ cup
Asparagus (grilled or steamed)	5 spears

\* No oils when cooking your protein. Cook with a non-stick spray. Add lemon pepper, Mrs.Dash or any other salt-free spice.

If you are hungry in the evening after you've had your last meal, drink a cup of Green Tea (non-caffeinated) It will also help you to digest your food after.