

****PERSONAL NOTE****

You're doing a great job!

Please make sure to drink a gallon of water a day, minimize and cut out any sugary beverages. Unsweetened iced tea is okay to drink and if you need a little sweet touch to it, use 1 packet of stevia.

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. I'd like you to have this on the weekend to treat yourself for a great week of clean eating.

Keep Rockin it!
Sylvia =)

Week 2

- 7am Meal -

Sweet Potato	3 ounces
Egg Whites	4 large
Avocado	2 ounces
Black Coffee w/1 stevia packet or Green Tea	1 cup

* I like to shred my sweet potato and turn them into hash browns, add cinnamon and nutmeg for flavor. Cook your eggs with a non-stick spray, you may add pepper, a pinch of Morton's low salt.

- 10am Meal -

Protein Shake	1 Scoop
Unsweetened Almond Milk	6 ounces
Banana	1 small

*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 Chicken or Turkey	4 ounces
Quinoa	2 ounces
Asparagus (steamed or grilled)	5 spears
Avocado	2 ounce

*Use pam or a non-stick spray to cook your protein. Do not add oils to it, use lemon pepper, and garlic powder for taste.

- 4pm Meal -

Sweet Potato	3 ounces
Grilled Fish	4 ounces

*Add grilled onions or parsley to add flavor to your protein.

- 7pm Meal -

Grilled Chicken	5 ounces
Spinach (steamed)	½ cup
Avocado	2 ounces

* 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.