

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

Congratulations! I'm super proud of you =)

It's not easy but I want you to keep pushing forward everyday. Prepare your meals and take them with you to work or if you have a function to go to. As long as you plan ahead you will achieve your goal!

You can do this!

Remember 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.

Drink 1 gallon of water a day!

No "TMs" or "TDs" this week.

Keep Rockin it!  
Sylvia =)

# Week 3

## **- 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    |
| Brown rice cake – (lightly salted) | 1          |
| Almond butter or peanut butter     | 1 teaspoon |

\*Mix your protein with water. 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 |
| Jasmine Brown Rice        | ½ cup    |
| Broccoli (steamed)        | 1 cup    |

\*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. I like to grill onions and parsley with garlic powder to add flavor.

## **- 4pm Meal -**

|                   |          |
|-------------------|----------|
| Apple             | 1 Medium |
| Grilled Mahi-Mahi | 4 ounces |

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

**- 7pm Meal -**

|                               |          |
|-------------------------------|----------|
| Grilled Tilapia               | 5 ounces |
| Red Bell Peppers              | 3 ounces |
| Broccoli (grilled or steamed) | 1 cup    |

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