

****PERSONAL NOTE****

Whoop Whoop!!...

Remember there are no "TMs" or "TDs" this week...

I can't tell you how happy I am that you've stuck to your clean eating! It's been a journey and learning new healthy eating habits are tough in the beginning but now that you've come this far, keep going.

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!

You got this!
Sylvia =)

Week 4

- 7am Meal -

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| Rolled Oats | ½ cup |
| Egg Whites | 4 large |
| 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 -

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| Grilled Tilapia | 4 ounces |
| Jasmine Brown Rice | ¼ cup |
| Asparagus | 5 spears |
| Avocado | 1.5 ounces |

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

- 1pm Meal -

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|-------------------------|----------|
| Grilled Fish or Chicken | 4 ounces |
| Red potatoes (baked) | 3 ounces |
| Broccoli (steamed) | 1 cup |

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

- 4pm Meal -

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|----------------------------------|---------|
| Protein | 1 scoop |
| Brown Rice Cake – lightly salted | 1 |

*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.

- 7pm Meal -

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|--------------------------------|----------|
| Grilled Tilapia | 5 ounces |
| Asparagus (grilled or steamed) | 5 spears |
| Broccoli (grilled or steamed) | ½ cup |

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