

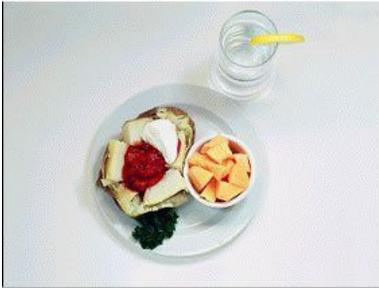
♥ *Master Fat Blaster* *Diet Plan* ♥

Cleanse Phase - 7 days

Phase 1 (DAY 1 - 7) Phase 2= (Day 1 -9)			Calories
	Breakfast: 7-11am	Ultra-Performance Protein Shake	140 cal - one Scoop of Each
Snack	1/4 Cup Nuts		100cal
	Lunch: 12-3pm	Ultra-Performance Protein Shake	140 cal - one Scoop of Each
Snack	1/4 Cup Nuts		100cal
	Dinner: 4 - 7pm	Ultra-Performance Protein Shake	140 cal - one Scoop of Each
	1/4 Cup Nuts		100 cal

Renew Phase - 21 days

Day 1			Calories
	Breakfast: 7-11am	Ultra-Performance Protein Shake	140 cal - One Scoops
	Lunch: 12 - 3pm	<ul style="list-style-type: none"> · 1 large tossed salad · 2 tablespoons reduced fat oil and vinegar dressing · 6 oz sliced chicken · 1 cup of low fat wheat thin crackers · 12 oz water 	360 Cal
	Dinner: 4 - 7pm	<ul style="list-style-type: none"> · 6 oz of chicken · 1 cup of green beans · 2 pats of low-fat butter · 1 small tossed salad · 2 tablespoons reduced fat oil and vinegar dressing · 12 oz water 	345 Cal
TOTAL CAL			840 cal

Day 2			Calories
	Breakfast: 7-11am	Ultra-Performance Protein Shake	100 cal - One Scoops
	Lunch: 12 - 3pm	<ul style="list-style-type: none"> · 6 oz cooked chicken · 2 tablespoons of barbecue sauce · 1 cup of mixed vegetables · 1/2 cup of brown rice · 1 small tossed salad · 2 tablespoons reduced fat oil and vinegar dressing · 12 oz water 	360Cal
	Dinner: 4 - 7pm	<ul style="list-style-type: none"> · 1 medium baked Sweet potato · 2 tablespoons sour cream · 2 tablespoons salsa · 1 cup sliced melon · 12 oz water 	290Cal
			Total: 840Cal

Day 3			Calories
	Breakfast: 7-11am	Ultra-Performance Protein Shake	100 cal - One Scoops
	Lunch: 12 - 3pm	<ul style="list-style-type: none"> · 6 oz cooked chicken · 2 tablespoons of barbecue sauce · 1 cup of mixed vegetables · 1/2 cup of brown rice · 1 small tossed salad · 2 tablespoons reduced fat oil and vinegar dressing · 12 oz water 	360 Cal
	Snack	1 Access Bar	130
	Dinner: 4 - 7pmñ	<ul style="list-style-type: none"> · 1 medium baked Sweet potato · 2 tablespoons sour cream · 2 tablespoons salsa · 1 cup sliced melon · 12 oz water 	290 Cal
			Total 960 Cal

DAY 4			Calories
	Breakfast: 7-11am	Ultra-Performance Protein Shake	100 cal - One Scoops
If add 6oz (protein) Chicken, turkey; then dont eat the snack meal below.			
	Lunch: 12 - 3pm	<ul style="list-style-type: none"> · 1 Cup Broccoli · 1 small tossed salad · medium carrot · Green Beans · Red Pepper · 12 oz water 	290 Cal
	Snack	1 Access Bar	130 cal
	Dinner: 4 - 7pm	<ul style="list-style-type: none"> • Ultra-Performance Protein Shake • GC Control Shake 	190cal - one Scoop of Each
			Total 840

Day 5			Calories
	Breakfast: 7-11am	Ultra-Performance Protein Shake	100 cal - One Scoops
	Snack	1 Access Bar	130
	Dinner: 4 - 7pm	<ul style="list-style-type: none"> · 6 oz of chicken · 1 cup of green beans · 2 pats of low-fat butter · 1 small tossed salad · 2 tablespoons reduced fat oil and vinegar dressing · 12 oz water 	345Cal
	Snack	1 Access Bar	130
	Dinner: 4 - 7pm	<ul style="list-style-type: none"> ● Ultra-Performance Protein Shake ● GC Control Shake 	100 cal - One Scoops
			985

Day 6			Calories
	Breakfast: 7-11am	<ul style="list-style-type: none"> · 1 cup oatmeal with raisins · 1 cup of fruit · 1 cup coffee or tea · 1 banana 	325 cal
	Lunch: 12 - 3pm	<ul style="list-style-type: none"> • Ultra-Performance Protein Shake • GC Control Shake 	100 cal - One Scoop
	Dinner: 4 - 7pm	<ul style="list-style-type: none"> • 6 oz of chicken • 1 cup of green beans • 2 pats of low-fat butter • 1 small tossed salad • 2 tablespoons reduced fat oil and vinegar dressing • 12 oz water 	345cal

Shopping List

PROTEIN			
MEAT	QUANTITY	CALORIE	EST. PORTION
Salmon	3oz	177kcal	1 Deck of cards
Egg (White)	1 large	78 kcal	1 ping pong ball
Tuna	5 oz	164 Kcal	1 ½ Deck of cards
Lobster cooked	3 oz	83 kcal	1 Deck of cards
Flounder Baked	3 oz	60 kcal	1 Deck of cards
Crab meat	3 oz	82 Kcal	1 Deck of cards
Shrimp steamed.....	12med shrimp	85 Kcal	12 medium shrimp
Turkey roast	1 cup	335 kcal	1 balled fist
Chicken (No FRY)			
Bean/ Nuts and Seeds			
Black beans			
Chickpeas			
Lima			
Lentils			
Kidney beans			
Black eyed peas			
Tofu			
Cashew			
Almond			
Peanut			
Pistachio			
Flaxseed			

VEGETABLE

- Fresh spinach
- Fresh Collard green
- Sweet potato
- Fresh Kale
- Broccoli
- Asparagus
- Tomatoe
- Sweet Pepper
- Pickles / Cucumber

FRUITS

- Watermelon
- Papaya
- Cantaloupe
- Mango
- Orange
- Apple
- Grapefruit
- Banana
- strawberries

Drinks

- Tea
- Water
- Coffee
- Fresh squeezed
- Sports Drink (approved)
- Amino acid booster

	Phase 1	Phase 2	Phase 3
Cleanse	1-7	1-9	1 - 11
Calorie	8 - 28+	10 - 28+	12 - 28+
Calorie recommendation	As recommended by assessment	As recommended by assessment	As recommended by assessment