

# BURN 7-Day Meal Plan

Burn 3

Day 1	
Breakfast	1 Vanilla Bean meal replacement Made with water
Snack	Celebrate protein snack
Lunch	1 Bananaberry meal replacement Made with water
Snack	Make-Your-Own-Snack: <ul style="list-style-type: none"> <li>• 1 cup raw carrots</li> <li>• ¼ cup hummus</li> </ul>
Dinner	Make-Your-Own-Meal: <ul style="list-style-type: none"> <li>• 6 oz grilled chicken breast, without skin</li> <li>• 1 cup brown rice</li> <li>• ½ cup cooked broccoli florets made with 1 tsp butter</li> <li>• ½ cup cooked squash made with 1 tsp oil</li> </ul>
Snack	Fluffy Nutter protein bar

Daily Nutrition Facts: 1411 Calories, 132g Carbohydrates, 150g Protein, 40.5g Fat, and 35g Fiber

Day 2	
Breakfast	1 Bahama Breeze meal replacement Made with water
Snack	Make-Your-Own-Snack: <ul style="list-style-type: none"> <li>• 1 Meat snack stick</li> <li>• 1 Apple</li> </ul>
Lunch	1 Chicken Soup meal replacement Made with water
Snack	Celebrate protein snack
Dinner	Make-Your-Own-Meal: <ul style="list-style-type: none"> <li>• 6 oz beef sirloin, fat trimmed</li> <li>• ½ cup sauteed mushrooms and onions made with 1 tsp olive oil</li> <li>• 1 cup cooked asparagus</li> <li>• 1 cup mashed potatoes made with 1 tsp butter</li> </ul>
Snack	Salted Toffee Pretzel protein bar

Daily Nutrition Facts: 1431 Calories, 124g Carbohydrates, 159g Protein, 45.9g Fat, and 38g Fiber

Day 3	
Breakfast	1 Caramel Latte meal replacement Made with water
Snack	Celebrate protein snack
Lunch	1 Vanilla Bean meal replacement Made with water
Snack	Make-Your-Own-Snack: <ul style="list-style-type: none"> <li>• 4 oz cottage cheese</li> <li>• ½ cup whole strawberries</li> </ul>
Dinner	Make-Your-Own-Meal: <ul style="list-style-type: none"> <li>• 6 oz lean ground turkey</li> <li>• 1.5 cups cooked whole grain pasta</li> <li>• ½ cup marinara sauce</li> <li>• 1 cup cooked asparagus made with 2 tsp olive oil</li> </ul>
Snack	Strawberry Shortcake protein bar

Daily Nutrition Facts: 1571 Calories, 133g Carbohydrates, 160g Protein, 51.7g Fat, and 42g Fiber

Day 4	
Breakfast	1 Bahama Breeze meal replacement Made with water
Snack	Zesty Lemon Crisp protein bar
Lunch	1 Chicken Soup meal replacement Made with water
Snack	Celebrate protein snack
Dinner	Make-Your-Own-Meal: <ul style="list-style-type: none"> <li>• 6 oz grilled shrimp</li> <li>• 1 cup quinoa</li> <li>• 1.5 cup steamed mixed vegetables with 3 tsp butter</li> </ul>
Snack	Make-Your-Own-Snack: <ul style="list-style-type: none"> <li>• 1 slice low-fat cheese</li> <li>• 8 multigrain crackers</li> </ul>

Daily Nutrition Facts: 1436 Calories, 131g Carbohydrates, 144g Protein, 41.9g Fat, and 45g Fiber

Day 5	
Breakfast	1 Caramel Latte meal replacement Made with water
Snack	Celebrate protein snack
Lunch	Make-Your-Own-Meal: <ul style="list-style-type: none"> <li>• 6 oz tuna salad (made with 3 Tbsp mayonnaise)</li> <li>• 2 slice whole grain bread</li> <li>• 2 cups mixed salad greens with vegetable toppings of choice</li> <li>• 2 Tbsp Salad Dressing</li> </ul>
Snack	Make-Your-Own-Snack: <ul style="list-style-type: none"> <li>• 5 oz Greek Yogurt</li> <li>• 1 cup blueberries</li> </ul>
Dinner	1 Deep Chocolate meal replacement Made with water
Snack	Fluffy Nutter protein bar

Daily Nutrition Facts: 1443 Calories, 123g Carbohydrates, 144g Protein, 48.3g Fat, and 37g Fiber

Day 6	
Breakfast	1 Bananaberry meal replacement Made with water
Snack	Make-Your-Own-Snack: <ul style="list-style-type: none"> <li>• ½ cup edamame</li> <li>• 1 large banana</li> </ul>
Lunch	1 Deep Chocolate meal replacement Made with water
Snack	Fluffy Vanilla Crisp protein bar
Dinner	Make-Your-Own-Meal: <ul style="list-style-type: none"> <li>• 6 oz pork tenderloin</li> <li>• 1 medium-large baked sweet potato with 1 tsp butter</li> <li>• ½ cup cooked squash made with 1 tsp olive oil</li> <li>• ½ cup applesauce</li> </ul>
Snack	Celebrate protein snack

Daily Nutrition Facts: 1410 Calories, 139g Carbohydrates, 145g Protein, 38.6g Fat, and 39g Fiber

Day 7	
Breakfast	1 Vanilla Bean meal replacement Made with water
Snack	Celebrate protein snack
Lunch	1 Caramel Latte meal replacement Made with water
Snack	Nutty Caramel Crunch protein bar
Dinner	Make-Your-Own-Meal: <ul style="list-style-type: none"> <li>• 6 oz salmon filet or salmon burger</li> <li>• 1 cup cooked quinoa</li> <li>• 1 cup cooked broccoli and cauliflower mix made with 2 tsp butter</li> </ul>
Snack	Make-Your-Own-Snack: <ul style="list-style-type: none"> <li>• 1 Apple</li> <li>• 2 Tbsps peanut butter</li> </ul>

Daily Nutrition Facts: 1484 Calories, 127g Carbohydrates, 146g Protein, 53.2g Fat, and 36g Fiber