

Week of: _____

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE
PHASE 1 Monday (No Oils)	G: F: or P1 S:	F: or P1 S:	G: F: P: V:	F: or P1 S:	G: P: V:	Cardio
PHASE 1 Tuesday (No Oils)	G: F: or P1 S:	F: or P1 S:	G: F: P: V:	F: or P1 S:	G: P: V:	Cardio
PHASE 2 Wednesday (No Oils)	P: V: or P2 S:	P: V: or P2 S:	P: V:	P: V: or P2 S:	P: V:	Weights
PHASE 2 Thursday (No Oils)	P: V: or P2 S:	P: V: or P2 S:	P: V:	P: V: or P2 S:	P: V:	Weights
PHASE 3 Friday (Healthy Oils)	F: HF: P: G: V: or P3 S:	HF: V: or P3 S:	HF: P: V: F:	HF: V: or P3 S:	HF: P: OG: V:	Massage Dry Skin Brush Yoga
PHASE 3 Saturday (Healthy Oils)	F: HF: P: G: V: or P3 S:	HF: V: or P3 S:	HF: P: V: F:	HF: V: or P3 S:	HF: P: OG: V:	Massage Dry Skin Brush Yoga
PHASE 3 Sunday (Healthy Oils)	F: HF: P: G: V: or P3 S:	HF: V: or P3 S:	HF: P: V: F:	HF: V: or P3 S:	HF: P: OG: V:	Massage Dry Skin Brush Yoga

LEGEND: F - Fruit HF - Healthy Fat G - Grain P1 S - Phase 1 Shake P3 S - Phase 3 Shake
 V - Veggie P - Protein OG - Optional Grain P2 S - Phase 2 Shake