

MTN OPS

CONQUER

FITNESS



150 - 219 LBS

1800 CALORIES PER DAY

7 DAY MEAL PLAN

As dietary supplements take 1 Capsule of BLAZE, 2 Capsules of RENU, 1 Capsule of BIOTICS and 1 Scoop of ENDURO 30 minutes before breakfast. Take 1 Serving of AMMO every day for your AM Snack. Take 1 Capsule of BLAZE 30-45 minutes before lunch.

DAY 1

CONQUER FITNESS 1800 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	EA	BAGLE - PLAIN	10	40	1.5	210
.5	CUP	COTTAGE CHEESE - 1% FAT	14	3.1	1.15	82
1	MEDIUM	PEACH - APPROX 4 OZ	.6	9.7	.1	37
1	TBS	PEANUT BUTTER	4	3.5	8.15	95
1	CAPSULE	MTN OPS BIOTICS - PREBIOTICS & PROBIOTICS				
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT & FAT BURNER				
2	CAPSULE	MTN OPS RENU - GENTLE CLEANSE				
1	SCOOP	MTN OPS ENDURO - ENERGY AND FOCUS DRINK				
TOTALS:			28.6	56.3	10.9	424
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
2	EA	SLICE WHOLE WHEAT BREAD	5.6	26.2	2.4	140
1	SLICE	SWISS CHEESE	8.06	.96	7.78	106.6
1	EA	ORANGE - MEDIUM	1.1	17.4	.3	69
5	OZ	TURKEY BREAT / WHITE MEAT	42.5	0	1	191.25
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			57.26	44.56	11.48	506.85
PM SNACK						
5	EA	CRACKER	1	10	2	60
2	TBS	MAYONNAISE - FAT FREE	0	6	0	16
3	OZ	TUNA FISH (CANNED)	22.5	1.5	1.5	105
TOTALS:			23.5	17.5	3.5	181
DINNER						
1	SPEAR	BROCCOLI	5	4	1	40
5	OZ	POTATO - WHITE / MEDIUM SIZE	3.5	34.25	.15	148.75
2	TBS	RANCH - FAT FREE	.41	1.33	15.57	147.9
1	MEDIUM	GARDEN SALAD W/ TOMOATO & ONION	1.95	14.25	.6	73.5
6	OZ	SALMON - BROILED	37.62	0	21	349.98
TOTALS:			48.48	53.83	38.32	760.13
DAY TOTALS:			176.84	178.19	68.7	2011.98



DAY 2

CONQUER FITNESS 1800 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	EA	BAGEL - PLAIN	10	40	1.5	210
0.5	CUP	EGG BEATERS	10	2	0	50
2	TSP	JELLY	0	8	0	32
1	PKG	INSTANT OATMEAL	4.5	31.6	2.1	152
1	CAPSULE	MTN OPS BIOTIC - PROBIOTIC & PREBIOTIC				
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BUNER				
2	CAPSULE	MTN OPS RENU - GENTLE CLEANSE				
1	SCOOP	MTN OPS ENDURO - ENERGY AND FOCUS DRINK				
TOTALS:			24.5	81.6	3.6	444
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
6	OZ	CHICKEN BREAST / WHITE MEAT	39	0	2.4	186
3	TBS	RANCH - FAT FREE	0	9	0	48
1	LRG	GARDEN SALAD W/ TOMATO & ONION	2.6	19	.8	98
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			41.6	28	3.2	332
PM SNACK						
24	EA	ALMONDS	5.95	5.53	14.18	161.84
TOTALS:			5.95	5.53	14.18	161.84
DINNER						
1	SPEAR	BROCCOLI	5	4	1	40
6	OZ	CHICKEN BREAST / WHITE MEAT	39	0	2.4	186
6	OZ	POTATO WHITE - MEDIUM SIZE	4.2	41.1	.18	178.5
2	TBS	RANCH - FAT FREE	.41	1.33	15.57	147.9
1	SMALL	GARDEN SALAD W/ TOMATO & ONION	1.95	14.25	.6	73.5
TOTALS:			50.56	60.68	19.75	625.9
DAY TOTALS:			141.61	181.81	45.23	1703.74

DAY 3

CONQUER FITNESS 1800 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	EA	BANANA	1.2	26.7	.6	105
0.5	CUP	EGG BEATERS	10	2	0	50
6	OZ	YOGURT - FAT FREE	7	33	0	160
1	CAPSULE	MTN OPS BIOTIC - PROBIOTIC & PREBIOTIC				
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
2	CAPSULE	MTN OPS RENU - GENTLE CLEANSE				
1	SCOOP	MTN OPS ENDURO - ENERGY AND FOCUS DRINK				
		TOTALS:	18.2	61.7	0.6	315
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
		TOTALS:	19	6	4.5	140
LUNCH						
6	OZ	CHICKEN BREAST / WHITE MEAT	39	0	2.4	186
3	TBS	BBQ SAUCE	.09	171	.06	75
1	TBS	RAW CHIVES	.1	.13	.02	.9
5	OZ	POTATO - WHITE	3.5	34.25	.15	148.75
2	OZ	SOUR CREAM	1.36	3.76	11.07	117.94
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
		TOTALS:	44.05	55.24	13.7	528.59
PM SNACK						
1	CUP	COTTAGE CHEESE - 1% FAT	28	6.2	2.3	164
1	CUP	PEACHES	1.13	36.52	.08	135.54
		TOTALS:	29.13	42.72	2.38	299.54
DINNER						
6	OZ	CHICKEN BREAST / WHITE MEAT	39	0	2.4	186
1	SPEAR	BROCCOLI	5	4	1	40
2	TBS	RANCH - FAT FREE	.41	1.33	15.57	147.9
1	CUP	WHITE RICE STEAMED	4.5	40.5	0	180
1	SMALL	GARDEN SALAD W/ TOMATO & ONION	1.3	9.5	.4	49
		TOTALS:	50.21	55.33	19.37	602.9
DAY TOTALS:			160.59	220.99	40.55	1886.03



DAY 4

CONQUER FITNESS 1800 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	CUP	BRAN FLAKES	6	46	0	180
.5	CUP	EGG BEATERS	10	2	0	50
1	CUP	MILK - SLIM, NO FAT	8.4	11.9	.4	86
1	PKG	INSTANT OATMEAL	4.5	31.6	2.1	152
1	CAPSULE	MTN OPS BIOTIC - PROBIOTIC & PREBIOTIC				
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BUNER				
2	CAPSULE	MTN OPS RENU - GENTLE CLEANSE				
1	SCOOP	MTN OPS ENDURO - ENERGY AND FOCUS DRINK				
		TOTALS:	24.4	59.9	0.4	316
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
		TOTALS:	19	6	4.5	140
LUNCH						
6	OZ	CHICKEN / WHITE MEAT	39	0	2.4	186
0.5	CUP	WHITE RICE STEAMED	2.25	20.25	0	90
6	TBS	SALSA	0	0	0	12
2	OZ	SOUR CREAM	1.36	3.76	11.07	117.94
2	EA	FLOUR TORTILLA - SMALL	4	28	4	160
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
		TOTALS:	46.61	52.01	17.47	565.94
PM SNACK						
5	EA	CRACKERS	1	10	2	60
2	TBS	MAYONNAISE - FAT FREE	0	6	0	16
3	OZ	TUNA FISH / CANNED	21	1.4	1.4	98
		TOTALS:	22	17.4	3.4	174
DINNER						
6	OZ	TURKEY BREAST / WHITE MEAT	51	0	1.2	229.5
1	CUP	WHITE RICE - STEAMED	4.5	40.5	0	180
2	TBS	RANCH - FAT FREE	.41	1.33	15.57	147.9
1	SMALL	GARDEN SALAD W/ TOMATO & ONION	1.3	9.5	.4	49
		TOTALS:	57.21	51.33	17.17	606.4
DAY TOTALS:			150.22	180.64	38.44	1662.34



DAY 5

CONQUER FITNESS 1800 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	EA	BAGLE - PLAIN	10	40	1.5	210
.5	CUP	EGG BEATERS	10	2	0	50
2	TBS	PEANUT BUTTER	8	7	16.3	190
1	CAPSULE	MTN OPS BIOTICS - PROBIOTICS & PREBIOTICS				
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
1	CAPSULE	MTN OPS RENU - GENTLE CLEANSE				
1	SCOOP	MTN OPS ENDURO - ENERGY AND FOCUS DRINK				
		TOTALS:	28	49	17.8	450
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
		TOTALS:	19	6	4.5	140
LUNCH						
4	OZ	TURKEY BREAST / WHITE MEAT	34	0	.8	153
1	CAN	VEGETABLES - CHUNKY	7.87	42.69	8.3	274.89
2	SLICES	RYE BREAD	5	36	2	180
3	TBS	MAYONNAISE - FAT FREE	0	9	0	24
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
		TOTALS:	46.87	87.69	11.1	631.89
PM SNACK						
1	EA	ORANGE - MEDIUM	1.1	17.4	.3	69
		TOTALS:	1.1	17.4	.3	69
DINNER						
6	OZ	CHICKEN BREAST / WHITE MEAT	39	0	2.4	186
6	OZ	POTATO - WHITE	4.2	41.1	.18	178.5
2	TBS	RAW CHIVES	.2	.26	.04	1.8
2	TBS	OIL & VINEGAR	.2	3.8	1.8	32
2	OZ	SOUR CREAM	1.36	3.76	11.07	117.94
1	SMALL	GARDEN SALAD W/ TOMATO & ONION	1.3	9.5	.4	49
		TOTALS:	46.26	58.42	15.89	565.24
DAY TOTALS:			141.23	218.51	49.59	1856.13

DAY 6

CONQUER FITNESS 1800 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	EA	BAGLE - PLAIN	10	40	1.5	210
0.5	CUP	EGG BEATERS	10	2	0	50
1	TBS	PEANUT BUTTER	4	3.5	8.15	95
1	CAPSULE	MTN OPS BIOTIC - PROBIOTIC & PREBIOTIC				
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BUNER				
2	CAPSULE	MTN OPS RENU - GENTLE CLEANSE				
1	SCOOP	MTN OPS ENDURO - ENERGY AND FOCUS DRINK				
TOTALS:			24	45.5	9.65	355
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
1	EA	CHICKEN BREAST	39	0	2.4	186
2	SLICES	WHOLE WHEAT BREAD	5.6	26.2	2.4	140
1	SLICE	SWISS CHEESE	8.06	.96	7.78	106.6
2	TBS	MAYONNAISE - FAT FREE	0	6	0	16
1	EA	ORANGE	1.1	17.4	.3	69
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			53.76	50.56	12.88	517.6
PM SNACK						
1	EA	APPLE	.3	21	.5	81
TOTALS:			.3	21	.5	81
DINNER						
1	EA	CORN	2.6	19.3	1	83
6	OZ	SHRIMP	35.52	0	1.8	168
1	SMALL	GARDEN SALAD W/ TOMATO & ONION	1.3	9.5	.4	49
1	CUP	WHITE RICE STEAMED	4.5	40.5	0	180
2	TBS	RANCH - FAT FREE	.41	1.33	15.7	147.90
TOTALS:			44.33	70.63	18.9	627.9
EVENING SNACK						
1	SLICE	ANGLEFOOD CAKE	1.67	16.39	.23	73.14
2	TBS	WHIPPED CREAM	.19	.75	1.33	15.42
1	OZ	STRAWBERRIES	.2	2	.1	9
TOTALS:			2.06	19.14	1.66	97.56
DAY TOTALS:			143.45	212.83	48.09	1819.06

DAY 7

CONQUER FITNESS 1800 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	EA	BAGEL - PLAIN	10	40	1.5	210
0.5	CUP	EGG BEATERS	10	2	0	50
2	TBS	JELLY	0	8	0	32
1	PKG	INSTANT OATMEAL	4.5	31.6	2.1	152
1	CAPSULE	MTN OPS BIOTIC - PROBIOTIC & PREBIOTIC				
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BUNER				
2	CAPSULE	MTN OPS RENU - GENTLE CLEANSE				
1	SCOOP	MTN OPS ENDURO - ENERGY AND FOCUS DRINK				
TOTALS:			24.5	81.6	3.6	444
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
6	OZ	CHICKEN BREAST / WHITE MEAT	39	0	2.4	186
2	TBS	RANCH - FAT FREE	.41	1.33	0	147.9
1	LARGE	GARDEN SALAD W/ TOMATO & ONION	2.6	19	1.4	98
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			42.01	20.33	3.8	431.9
PM SNACK						
5	EA	CRACKER	1	10	2	60
2	TBS	MAYONNAISE - FAT FREE	0	6	0	16
3	OZ	TUNA FISH (CANNED)	21	1.4	1.4	98
TOTALS:			22	17.4	3.4	174
DINNER						
6	OZ	CHICKEN BREAST / WHITE MEAT	39	0	2.4	186
5	TBS	OIL & VINEGAR	.5	9.5	4.5	80
.5	CUP	WHITE RICE STEAMED	2.25	20.25	0	90
6	TBS	SALSA	0	0	0	12
2	EA	FLOUR TORTILLA - SMALL	4	28	4	160
TOTALS:			45.75	57.75	10.9	528
DAY TOTALS:			153.26	183.08	26.2	1717.9