

Get Ready
to Change
Your Life !

Welcome to Coach Terry's
Bootcamp

I'm thrilled and honored that you are joining me and this dedicated group.

My intention is to provide you with the most current and effective fat loss strategies that I have researched from four of the world's top experts.

Since your nutrient needs will change as your body loses fat, I have included food guidelines for the first four weeks with more to come as you progress.

In committing yourself to the next few weeks of training you can expect a 4-6 pound fat loss and a half to a pound of lean muscle mass.

A little advice in order to maximize your results

- Follow the food guidelines
- Follow the food guidelines (I did not stutter)
- Keep the food log very accurately for at least two weeks.
- Show up for all classes and try to increase intensity every time.
- Ask me any question when you need clarification of any issue
- Help keep your enthusiasm by encouraging your fellow boot-campers
- In addition to the boot-camp days, four days per week of cardio-based intervals followed by 20 minutes of steady state cardio is a great way to keep the fat loss fires burning.

A few rules

- If it hurts, don't do it and notify me immediately
- The only person you can make fun of is Coach
- Have fun and enjoy your new body
- Chewing gum while expending massive energy and breathing hard places you at the risk of inhaling it, following which you will die in 4 minutes. I will do all I can to minimize the risks inherent in exercise with instructions on what to watch out for and proper form.

Missing a class is not recommended if you wish to achieve results.

If you miss a class you will have the opportunity to make it up on a Saturday morning at 9AM or Wed at 6 PM for a small surcharge of \$7.

Now on to the exciting part of the real changes that brought us here as a group.

How much can you expect to lose?

Losing weight is tricky because you want to lose fat and hang on to every ounce of muscle. I want to emphasize that your focus should be on losing fat and not necessarily weight.

The only way to lose fat is to burn more calories than you consume. You have to be careful that you don't cut calories too much because you still want to maintain your energy levels and recovery.

If you do cut your calories too much, your body will soon figure it out and slow your metabolism down and you will stop losing weight.

A realistic weight loss goal is anywhere from a 1/2 pound to 2 pounds per week. This will depend on how much you have to lose and how hard you are willing to work. More than 2 pounds per week will result in muscle loss and your body going into a starvation state making it harder to keep weight off and easier to pack it back on.

Included in each boot-camp class will be enough metabolic disturbance to keep your body burning fat all day as a result of post exercise oxygen consumption, provided that you co-operate by avoiding sugar and white flour products. (alcohol is a sugar and prevents fat loss)

The next few pages will provide a thorough explanation of metabolic resistance training and high intensity aerobic intervals. These are the cornerstones of our training plan, which combined with supportive nutrition will deliver the one-two punch that will knock fat right out of your bodies.

I have added some specific nutrition plans from Alwyn Cosgrove and others who in my opinion after 10-15 years of study are some of the world's foremost experts regarding fat loss. There are also tips from me and others as I have picked the brains of the best fitness minds.

There are also several food log pages. Feel free to copy them and be very conscientious in recording your food intake for at least the first month. I also have a convenient food and exercise log book available.

Figuring Your Calories

This is a low calorie, reduced starchy
carbohydrate plan.

Begin with 9-11 calories per pound of
bodyweight per day.

You can make adjustments later as progress
occurs.

SUPPORTIVE EATING EXAMPLES

Lean Proteins:

Eggs
Shellfish
Sea Bass
Chicken breast
Sushi / Sashimi
Turkey Breast
Halibut
Tuna
Tilapia
Shrimp
Grouper
Lobster
Mahi Mahi
Cod
Lean Beef
Salmon
Fat Free Dairy Products
Swordfish
Veal

Starchy Carbohydrates:

Potato
Cream of Rice Cereal
Corn
Brown Rice
Sweet Potato
Peas
Basmati Rice
Oatmeal
Couscous
Corn Tortillas
Whole Grain Breads
Whole Grain Pastas
Cream of wheat cereal
Black Beans
Wheatina
Pinto Beans

Fibrous Carbohydrates: (Most Veggies)

Broccoli
Onions
Cauliflower
Asparagus
Carrots
Spinach
Green Peppers
String Beans
Yellow Peppers
Cucumbers
Red Peppers
Celery
Mushrooms
Artichokes
Cabbage
Brussels Sprouts
Kale
Turnips
Scallions
Arugula
Romaine Lettuce
Zucchini

When filling out your nutrition log, look for an item from each category for your main meals, and a protein and fibrous carb for your snacks.

I substitute my fruits at breakfast and snack time.

After the first week or two it will not be necessary to weigh or measure every food item since you should be able to eyeball the portions.

Fruits:

Apples
Blueberries
Strawberries
Melons
Bananas

MOSTLY APPROVED FOOD LIST

LEAN PROTEINS

Food Item	Quantity	Weight (g)	Calories	Protein	Carbs	Fat	Fiber
Beef, ground, 90% lean	4 oz uncooked	113	199	22.7	0	11.3	0.0
Beef, ground 95% lean	4 oz uncooked	113	155	24.3	0	6.0	0.0
Beef, round, top, lean (select)	4 oz uncooked	113	146	26.1	0	3.8	0.0
Beef, round tip, lean (select)	4 oz uncooked	113	138	24.2	0	3.8	0.0
Beef, round, eye of, lean (select)	4 oz uncooked	113	134	25.2	0	3.0	0.0
Beef, flank steak, lean (select)	4 oz uncooked	113	155	24.2	0	5.6	0.0
Beef, sirloin, top, lean (select)	4 oz uncooked	113	144	25	0	4.0	0.0
Beef, tenderloin (filet)	4 oz uncooked	113	167	25	0	6.7	0.0
Buffalo (bison) steak, top round	4 oz uncooked	113	138	26.3	0	2.7	0.0
Buffalo (bison) steak, top sirloin	4 oz uncooked	113	128	24.2	0	2.7	0.0
Chicken breast, light meat, skinless, 99% lean	4 oz uncooked	113	110	26	0	1.0	0.0
Chicken breast, canned	4 oz	113	100	18	0	2.0	0.0
Chicken breast, ground, lean	4 oz uncooked	113	100	24	0	0.5	0.0
Clams, raw	1/2 cup (4 oz)	113	84	14.5	2.9	1.1	0.0
Crab, fresh, raw (Dungeness, U.S. King or Stone)	4 oz uncooked	113	95	20.8	0	0.7	0.0
Crawfish	4 oz raw meat only	113	87	18.1	0	1.1	0.0
Egg whites, liquid	1 cup (8.6 oz)	244	120	26	1	0.0	0.0
Egg whites, large	6	198	102	21	1.8	0.0	0.0
Egg, whole, large	1	50	75	6.3	0.6	5.0	0.0
Elk (game meat)	4 oz uncooked	113	125	25.9	0	1.6	0.0
Fish, Bass, Striped	4 oz uncooked	113	110	20.1	0	2.7	0.0
Fish, Catfish	4 oz uncooked	113	108	18.6	0	3.3	0.0
Fish, Cod, Pacific	4 oz uncooked	113	93	20.2	0	0.8	0.0
Fish, Flounder (flatfish)	4 oz uncooked	113	104	21.4	0	1.4	0.0
Fish, Halibut, Pacific	4 oz uncooked	113	124	23.6	0	2.6	0.0
Fish, Mackerel, Atlantic	4 oz uncooked	113	230	21	0	15.8	0.0
Fish, Mackerel, Pacific (Jack)	4 oz uncooked	113	179	22.8	0	9.0	0.0
Fish, Mackerel, canned in olive oil	1 can (3.9 oz)	110	290	24	0	22.0	0.0
Fish, Mahi-mahi, U.S.	4 oz uncooked	113	97	21	0	0.8	0.0
Fish, Pollack	4 oz uncooked	113	104	22.1	0	1.1	0.0
Fish, Tuna, canned in water, chunk light	4 oz	113	120	26	0	1.0	0.0
Fish, Tuna, canned in water, albacore	4 oz	113	140	26	0	2.0	0.0
Fish, Tuna, Yellowfin (tuna steak)	4 oz uncooked	113	123	26.5	0	1.1	0.0
Fish, Rainbow trout	4 oz uncooked	113	135	23.2	0	3.9	0.0
Fish, Salmon (wild)	4 oz uncooked	113	206	28.8	0	9.2	0.0
Fish, Tilapia	4 oz uncooked	113	110	23	0	2.0	0.0
Lamb, loin	4 oz roasted	113	217	32.1	0	8.8	0.0
Lobster	4 oz uncooked	113	102	21.3	0.6	1.0	0.0
Mussels	4 oz raw	113	98	13.5	4.2	2.5	0.0
Pork tenderloin	4 oz uncooked	113	123	23.6	0	2.6	0.0
Prawns	4 oz raw	113	119	22.7	1	1.9	0.0
Ostrich steak	4 oz uncooked	113	135	28	0	3.5	0.0
Oysters, Pacific	4 oz raw	113	92	10.7	5.6	2.6	0.0
Protein powder, casein (a milk protein)	1 scoop	31	110	23	3	0.5	1.0
Protein powder, hemp (vegetarian)	1 scoop	31	110	23	3	0.5	1.0
Protein powder, soy (vegetarian)	1 scoop	31	120	25	2	1.5	0.0
Protein powder, whey (a milk protein)	1 scoop	24	90	18	2	2.0	0.0
Scallops	4 oz raw	113	100	19	2.7	0.9	0.0
Sardines (herring), canned in water	1 can (3.2 oz)	91	150	19	0	8.0	0.0
Sardines (herring), canned in olive oil	1 can (3.2 oz)	91	191	22.7	0	10.5	0.0
Salmon, wild Alaskan	4 oz uncooked	113	206	28.8	0	9.2	0.0
Salmon burgers	1 burger (3.2 oz)	91	80	18	1	0.1	1.0
Salmon, canned, pink	4 oz	113	158	16.8	0	6.9	0.0
Shrimp	4 oz	113	120	23	1	2.0	0.0
Squid	4 oz raw	113	104	17.7	3.5	1.6	0.0
Tempeh (vegetarian protein)	1/2 cup (2.9 oz)	82	160	15.4	7.8	9.0	3.3
Tofu, firm, raw (vegetarian protein)	2.9 oz raw	117	117	12.8	3.5	7.1	0.0
Turkey Breast, skinless	4 oz uncooked	113	178	33.9	0	3.7	0.0
Turkey, ground 99% lean	4 oz uncooked	113	120	28	0	1.0	0.0
Venison steak (deer meat)	4 oz uncooked	113	136	25.9	0	2.7	0.0

STARCHY VEGETABLES, GRAINS, BEANS & LEGUMES (NATURAL COMPLEX CARBS)

Food Item	Quantity	Weight (g)	Calories	Protein	Carbs	Fat	Fiber
Beans, Adzuki, canned	1/2 cup (4.1 oz)	116	147	8.7	28.5	0.1	8.4
Beans, Black, canned	1/2 cup (4.6 oz)	130	100	7	20	0.5	8
Beans, Kidney, canned	1/2 cup (4.5 oz)	127	110	7	20	0.5	8
Beans, Garbanzo (chickpeas), canned	1/2 cup (4.6 oz)	130	120	7	19	1.5	5
Beans, Navy, canned	1/2 cup (4.6 oz)	130	110	7	20	0.5	7
Beans, Pinto, canned	1/2 cup (4.2 oz)	119	100	6	18	0	6
Black eye peas, canned or frozen	1/2 cup (4.6 oz)	130	90	6	16	1	4
Cassava (Yucca root)	1/2 cup (3.5 oz)	99	165	1.4	39.2	0.3	1.8
Chickpeas (Garbanzos), canned	1/2 cup (4.6 oz)	130	120	7	19	1.5	5
Corn, canned	1/2 cup (5.4 oz)	153	70	2	18	1	3
Lentils	1/2 cup cooked (3.5 oz)	99	115	9	20	0	7.8
Lima beans, canned	1/2 cup (4.5 oz)	127	120	7	23	1	8
Oatmeal, steel-cut (no sugar added)	1/4 cup dry (1.4 oz)	40	150	5	27	2.5	4
Oatmeal, old-fashioned (no sugar added)	1/2 cup dry (1.4 oz)	40	150	5	27	3	4
Peas, split, green, dried	1/4 cup (1.6 oz)	45	160	12	24	1	4
Plantains	1/2 med (3.9 oz)	110	180	0	22	0	5
Potato, white	1 lg. uncooked (7 oz)	198	160	4.2	36.3	0.2	3.2
Potato, sweet	1 med uncooked (6 oz)	170	136	2.1	31.6	0.4	3.9
Pumpkin, canned	1 can (15 oz)	425	174	3.6	35	0	14
Rice, brown, long grain, dry	1/2 cup dry (3.3 oz)	94	320	8	64	3	4
Rice, brown, long grain, cooked	1 cup cooked (6.8 oz)	96	216	5	44.8	1.8	3.6
Rice, brown, basmati, dry	1/2 cup dry (3.3 oz)	94	320	8	64	3	4
Rice, brown, basmati, cooked	1 cup (8.6 oz)	6.9	216	5	44.8	1.8	3.6
Rice, wild, dry	1/4 cup (2.8 oz)	79	160	6	34	0.5	3
Rice, wild, cooked	1 cup (5.8 oz)	164	166	6.5	35	0.6	1.5
Squash, raw, winter, (acorn, butternut)	1 cup cubed (4.9 oz)	138	56	1.1	14.6	0.1	2.1
Yam	1 med uncooked (5 oz)	141	180	2.2	39.6	0.2	5.8

DAIRY PRODUCTS (LEAN PROTEIN & NATURAL SIMPLE CARBS)

Food Item	Quantity	Weight (g)	Calories	Protein	Carbs	Fat	Fiber
Milk, skim	1 cup (8 fl oz)	-	90	8	12	0	0
Milk, 1% low fat	1 cup (8 fl oz)	-	100	8	11	2	0
Milk, 2% low fat	1 cup (8 fl oz)	-	121	8.1	11.7	4.7	0
Milk, soy, light (dairy substitute; contains sucrose)	1 cup (8 fl oz)		100	7	8	4	1
Milk, soy, nonfat (dairy substitute; contains sucrose)	1 cup (8 fl oz)		70	6	10	0	0
Milk, soy, unsweetened (dairy substitute)	1 cup (8 fl oz)		90	7	5	4	1
Cheese, American, non fat	2 slices (2 oz)	56	60	10	4	0	0
Cheese, cheddar, non fat, shredded	1/2 cup (2 oz)	56	90	16	4	0	0
Cheese, cheddar, low fat, block	2 inch cube (2 oz)	56	120	18	1	2.5	0
Cheese, feta low fat	2 oz	56	120	12	0	8	0
Cheese, feta non fat	2 oz	56	60	12	4	0	0
Cheese, mozzarella, non fat, shredded	1/2 cup (2 oz)	56	80	18	2	0	0
Cheese, mozzarella, shredded low fat (part skim)	1/2 cup (2 oz)	56	160	16	2	9	0
Cheese, Parmesan, non fat	2 tbsp (0.4 oz)	11	25	3.3	3.3	0	0
Cheese, Swiss, low fat	2 slices (2 oz)	56	100	15.9	1.9	2.9	0
Cheese, Swiss, non fat slices	2 slices (2 oz)	56	81	13.5	5.4	0	0
Cream cheese, non fat	2 tbsp (1.2 oz)	33	30	4	2	0	0
Cottage cheese, nonfat	1/2 cup (4 oz)	113	100	16.2	7.5	0	0
Cottage cheese, 2% low fat	1/2 cup (4 oz)	113	102	15.5	4.1	2.2	0
Cottage cheese, 1% low fat	1/2 cup (4 oz)	113	100	17.5	5	1.3	0
Sour cream low fat	2 tbsp (1.1 oz)	31	31	1	3	2	0
Sour cream, non fat	2 tbsp (1.1 oz)	31	25	2	4	0	0
Yogurt, plain, nonfat	1 yogurt (8 oz)	226	110	10	18	0	0
Yogurt, plain, 1% low fat	1 yogurt (8 oz)	226	143	11.9	16	3.5	0
Yogurt, fruit, low fat	1 yogurt (8 oz)	226	240	9	47	2	0
Yogurt, fruit, non fat	1 yogurt (8 oz)	226	200	16	32	0	0

FRUIT (NATURAL CARBS)

Food Item	Quantity	Weight (g)	Calories	Protein	Carbs	Fat	Fiber
Apple	1 med (5.4 oz)	153	80	0.0	22	0	5
Applesauce, unsweetened (no sugar)	1 cup (8.6 oz)	243	100	0.0	26	0	4
Apricots, fresh	3 med (4 oz)	113	60	0.0	11	0	1
Banana	1 med (4.4 oz)	124	110	1.0	29	0	4
Blackberries	1 cup (5.1 oz)	144	74	1.0	18.4	0.6	7.2
Blueberries	1 cup (5.1 oz)	145	82	1.0	20.4	0.6	4
Cantaloupe (melon)	1/2 med, (3.5 oz)	99	94	2.3	22.3	0.7	2.1
Cherries, pitted	1 cup, 21 pcs (4.9 oz)	139	90	2.0	22	0	3
Clementine	1 med (2.6 oz)	74	35	0.6	8.9	0	1.3
Cranberries	1 cup (3.4 oz)	96	46	0.4	12	0	4
Custard apple (annona aka bullock's heart)	1 med (3.5 oz)	99	101	1.7	25.2	0.6	2.4
Figs	1 large (2.3 oz)	65	47	0.5	12.3	0.2	2.1
Grapefruit	1/2 large (4.7 oz)	133	53	1.1	13.4	0.2	1.8
Grapes, seedless red or green	20 grapes (3.4 oz)	96	72	0.6	17.8	0.6	0.6
Guava	1 med (4 oz)	113	45	0.7	10.7	0.5	5
Goji berries (wolfberries), dried	3 tbsp (1 oz)	28	104	4.0	24	1.3	4
Honey, raw (not a fruit, but a natural sugar)	1 tbsp (0.7 oz)	60	60	0.0	17	0	0
Honeydew melon	1 cup, cubed (6 oz)	170	60	0.8	15.6	0.2	1
Jelly, all fruit (no refined sugar)	2 tbsp (1.4 oz)	40	80	0	20	0	0
Kiwifruit	2 med (5.2 oz)	147	100	2	24	0	4
Lemon	1 med (3.8 oz)	108	22	1.3	11.6	0	0
Lime	1 med (2.4)	68	20	0	7	0	2
Mango	1/2 med (4.9 oz)	139	70	0	17	0.5	1
Nectarine	1 med (4.9 oz)	139	70	1.0	16	0	2
Orange	1 med (5 oz)	141	65	1.0	16.3	0.3	3.4
Papaya	1/2 med (4.9 oz)	139	70	0.0	19	0	2
Passion fruit	1 med (0.6 oz)	18	14	.4	4.2	0.1	1.9
Peach	1 med (3.5 oz)	99	40	1.0	10	0	2
Pear	1 med (5.9 oz)	167	100	1.0	25	1	4
Persimmon	1 med (5.9 oz)	167	118	1.0	31.2	0.3	6
Pineapple	1 cup diced (5.5 oz)	156	76	0.6	19.2	0.6	1.8
Pomegranate, whole with peel	1 large (9.7 oz)	275	104	1.5	26.4	0	0.9
Plum	2 med (4.7)	133	80	2.0	38	2	4
Prunes (dried plum)	5 med (1.5 oz)	42	100	1.0	26	0	3
Raisins	1/4 cup (1.4 oz)	40	130	1.0	31	0	2
Raspberries	1 cup (4.3 oz)	122	61	1.2	14.2	0.6	8.2
Strawberries	halved, 1 cup (5.4 oz)	153	46	1.0	10.6	0	3.6
Tangerines	1 med (3.8)	108	50	1.0	15	0.5	3
Watermelon	1 cup diced (5.4 oz)	153	50	1.0	11.4	0.6	0.8

FATS, OILS, NUTS & SEEDS

Food Item	Quantity	Weight (g)	Calories	Protein	Carbs	Fat	Fiber
Avocado	1.1 oz (1 med)	31	165	3	9	15	9
Almonds, raw	1/4 cup (1.2 oz)	34	210	7	7	19	9
Almond butter, natural (unsweetened)	2 tbsp (1.2 oz)	34	120	0	0	14	0
Brazil nuts, shelled	1/4 cup (4.9 oz)	139	240	5	5	12	2
Butter, light, omega-3 fortified	1 tbsp (0.6 oz)	14	50	0	0	5	0
Butter, light, regular	1 tbsp	14	50	0	0	6	0
Butter flavor sprinkles (Butter Buds, etc)	1 tbsp	6	15	0	2	0	0
Cashews, raw	1/4 cup (1.2 oz)	34	190	5	11	15	1
Coconut oil, extra virgin	1 tbsp (0.5 oz)	14	125	0	0	14	0
Coconut, fresh shredded	2 tbsp (1 oz)	28	180	2	7	18	5
Chia seeds	3 tbsp (1 oz)	28	139	4.4	12.4	10.8	10.7
Essential oil blend (supplement, not for cooking)	1 tbsp (0.6 oz)	-	134	0	0	14.2	0
Flaxseed Oil (supplement, not for cooking)	1 tbsp (0.6 oz)	-	130	0	0	14	0
Flaxseeds, ground	2 tbsp (0.7 oz)	20	93	4	6	6	4.6
Hazelnuts, dried, chopped	1/4 cup (1 oz)	28	182	3.7	4.4	18	1.7
Hemp seeds (hemp hearts)	2 tbsp (1.1 oz)	31	165	11.4	7.2	10.1	1
Macadamia nuts, raw	1/4 cup (1.1 oz)	31	230	3	5	24	2
Mayonnaise, Canola	1 tbsp (0.5 oz)	15	100	0	0	11	0
Mayonnaise, fat-free	1 tbsp (0.5 oz)	15	10	0	3	0	0
Mayonnaise, light, omega-3 enriched	1 tbsp (0.5 oz)	15	50	0	2	4.5	0
Mayonnaise, light, regular	1 tbsp (0.5 oz)	15	35	0	1	3.5	0
Peanuts, raw	1/4 cup (1.2 oz)	34	214	8.6	7.8	18.1	2.9
Peanut Butter, natural (no sugar added)	1 tbsp (0.6 oz)	17	95	4	3.5	8	1
Pecans, halves or pieces	1/4 cup (1 oz)	28	190	3	4	20	3
Pine nuts, dried	1/4 cup (1.2 oz)	34	227	4.6	4.4	23	1.3
Pistachios	1/4 cup (1 oz)	28	164	5.8	7.1	13.7	3.1
Pumpkin seeds, shelled, roasted	142 kernels (1 oz)	28	148	9.4	3.8	12	1.8
Olives, Greek black, pitted*	2 oz	56	100	0.6	4	8	0
Olives, green, pitted*	2 oz	56	100	0	4	10	0
Olive Oil, extra virgin	1 tbsp	-	120	0	0	13.6	0
Salad dressing, olive oil and vinegar	1 tbsp	-	75	0	0.5	8	0
Salad dressing, balsamic vinaigrette w. olive oil, light	2 tbsp	-	45	0	2	4	0
Salad dressing, balsamic vinaigrette, nonfat	2 tbsp	-	5	0	2	0	0
Sesame oil	1 tbsp	-	120	0	0	13.6	0
Sesame seeds, whole, dried	1/4 cup (5.1 oz)	144	190	6	8	17	4
Sesame butter	1 tbsp (0.6 oz)	17	100	3	3.6	9	0
Sesame paste (Tahini)	1 tbsp (0.5 oz)	14	95	4	1.5	9	0.5
Sunflower seed, shelled	1/4 cup (1 oz)	28	170	7	6	15	3
Walnuts	1/4 cup (1.1 oz)	28	200	5	3	20	3

* Botanically speaking, avocados, tomatoes and other plant foods with seeds are fruits. Leaves, stems and roots are vegetables. Legally and traditionally, tomatoes, cucumbers and pea pods are thought of as vegetables. Technically, olives are also a fruit, but are listed in fats due to the fat content

Sample Menu for 7 Days of Supportive Eating

Day One:

Breakfast: Breakfast burrito

2 scrambled eggs, salsa ,2tblsp grated cheddar cheese, 2 tblsp Old el Paso fat free re-fried beans, lettuce leaf. Coffee, Water

Snack: Apple and string cheese, Water

Lunch: Tuna Sandwich on W.G. Bread with lettuce and tomato water.

Snack: MRP bar, water

Dinner: Chicken Kabobs, Brown Rice

Cube chicken breasts, then place them on skewers with peppers, mushrooms, and onions. You can just sauté them in a little olive oil if you don't have skewers. Water

Day Two:

Breakfast: Oatmeal and 1 or 2 hardboiled eggs. Water, Coffee

Snack: MRP shake

Lunch: Left over Chicken and peppers sandwich on W.G.Bread

Snack: Low fat cottage cheese and berries.

Dinner: Baked Halibut, asparagus and brown rice.

Day Three:

Breakfast: Turkey bacon 2 strips, oatmeal with soy or low fat milk, banana or berries. Coffee, water.

Snack: Low fat yogurt, tblsp crushed nuts. water

Lunch: Tuna sandwich on W.G. Bread or salad water.

Snack: MRP Bar, water.

Dinner: Sirloin Steak, green salad, broccoli, carrots. Water

Day Four:

Breakfast: Fiber One cereal, low fat or soy milk. Banana, coffee, water.

Snack: Low fat cottage cheese with strawberries, water.

Lunch: Steak Sandwich on W.G. Bread with lettuce and tomato.

Snack: M.R.P. shake

Dinner: Lemon Peppered Salmon Filet, brown rice, green beans.

Day Five:

Breakfast: Poached eggs on sourdough toast, apple, coffee, Water.

Snack: Protein Bar, water

Lunch: Salmon salad, fresh fruit, water.

Snack: Celery pieces with two tblsp, almond butter.

Dinner: Turkey breast filets with herb seasoned stuffing mix, sauté onions, zucchini, cranberry sauce.

Day Six:

Breakfast: Oatmeal and egg. Low fat oat soy milk. Coffee water

Snack: MRP Shake

Lunch: Turkey sandwich wrap on W.G. Pita with lettuce and cranberry sauce.

Snack: Raspberries and low fat cottage cheese

Dinner: Pork Tenderloin, spinach and barley.

Day Seven:

Cheat Meal