



Your.Food.Strategy.

PERSONALIZED WEIGHT LOSS

## Week 2, Day 1

Upon Waking Up (06:30AM)

### 1 Morning Cleanse

*Quickly drink 32oz of room temp water as quickly as you can with 1/4 fresh squeezed lemon in each 16 oz. glass*

### **Meal 1 (07:00AM)**

Steel Cut Oats or Old fashioned Quaker Oatmeal with Stevia in the Raw & Cinnamon

*Male 1 cup, Female 1/2 cup*

*Cinnamon is a powerful anti-bacterial. Research has shown Cinnamon is one of the most effective substances against E-coli, and Salmonella, as well as Campylobacter .*

OR *Pick a Carbohydrate or 2 Fruits from the Fuel List*

### **Meal 2 (10:00AM)**

Large Apple

*Male 1, Female 1*

*Try to place the apple in the microwave until warm, and add Cinnamon for a delicious treat! OR Pick a Fruit from the Fuel List*

### **Meal 3 (01:00PM)**

Grilled Chicken Breast with sautéed bell peppers *Male 8 oz., Female 4oz. Prepare 3 servings to cover the next two days.*

*The capsaicin in bell peppers has multiple health benefits. Studies show that it reduces 'bad' cholesterol, controls diabetes, brings relief from pain and eases inflammation OR Pick a Protein and Vegetable from the Fuel List*

### **Meal 4 (04:00PM)**

*Day 1-3 Strawberries Male 12, Female 10; OR Pick a Fruit from the Food List*

*Strawberries are a great source of fiber **\*\***(Days 4-7 eat a FAT only from Food List)*

### **Meal 5 (07:00PM)**Chicken Taco Lettuce Wraps

*Male about 3 tacos, Female about 2 tacos. Prep 3 servings to cover the next two days*

*Ingredients: (Male 8 oz.) (Female 4oz.) of boneless skinless chicken breast (cut into one inch cubes) 1 iceberg lettuce head (leaves peeled apart whole to form half shells), 2 gloves of garlic (fine dice), 1 onion (fine diced), 1 jalapeño (fine diced), 2 bell peppers medium dice (any color red green yellow), 1/4 cup unsalted chicken stock, 2 Tbsp chili powder, 1 tsp turmeric, 1 tsp cumin, 1 tsp paprika, 1/2 tsp cayenne pepper (optional for heat lovers), 1tsp ground black pepper, 1 cup freshly chopped cilantro, Tsp olive oil Directions: under medium heat, add olive oil and diced onion. Cook onion until a nice brown caramel color, this is important for flavor. Then add cubed chicken, garlic, peppers, jalapeño, dried spices & seasonings (except cilantro) with chicken stock and cover pot. Covering the pot is extremely important while cooking chicken to keep it from drying out and becoming unpleasant to eat.*



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*After 20 mins on medium heat, chicken is finished. To prepare add 3oz scoop(male) 2oz scoop(females) to a lettuce cup and sprinkle cilantro over top. 3 lettuce wraps per meal following the portion size previously mentioned.*

OR You Choose *Pick a Protein and Vegetable from the Fuel List*

### **Meal 6 (10:00PM)**

Skinny Pop Popcorn

*Male 4 cups, Female 3 cups or Individual serving size bag of Skinny Pop Popcorn*

*Male 2, Female 1*

OR *Outshine Frozen Bar, Male 2 bars, Female 1bar*