

Sample One-Week Menu Plan

<i>Day</i>	<i>Breakfast</i>	<i>Snack-Optional</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Water</i>	<i>Activities</i>
Week 1 Monday	Celery & Almond Butter	Red Grapes	Caesar Salad	Organic Vegetable Juice	Turkey & Greek Salad w/ Feta	Drink 1/2 Your Weight in Oz's Daily	Exercise at Least 40 Minutes Daily
Week 1 Tuesday	Plain Yogurt w/ banana	Strawberries	Chicken Pita Sandwich w/ Sorbet	Celery	Tuna Salad w/ Tomatoe & Pickles		
Week 1 Wednesd	Cream of Rice w/ Coconut Milk	Peaches	Low Fat Cottage Cheese w/ Fruit	Apple	Chicken Stir-fry w/ Vegetables & Rice		
Week 1 Thursday	Spinach Quiche	Pears	Bean & Rice Burrito	Low Fat Vanilla Yogurt	Fish w/ Spinach Salad, (peas, beets, & radish)		
Week 1 Friday	Low Fat Cottage cheese	Red Cherries	Romaine Salad w/ 3 Vegetables & Vinagrette	Raisins	Turkey Burger w/ Celery & Carrot Sticks		
Week 1 Saturday	Miso Soup w/ Parsley Tea	Blueberries	Chicken, Potato, Snow Peas & Carrots	Soaked Raw Almonds	Wild Rice, Mushrooms & Broccoli		
Week1 Sunday	Bananna & Almond Smoothie	Grapefruit	Fish Taco & Coleslaw	Herbal Tea w Sherbet	Chicken Vegetable Soup or Stew		