

MEAL #1 (7:30 am)

1 whole Egg with 6 egg whites + 5 fish oil tabs

MEAL #2 (10:30 am)

Whey protein Isolate 35g

1 tablespoon all natural peanut butter

MEAL #3 (1:30 pm)

6 oz chicken

1/4-cup (1oz) cashew nuts, or almonds, or walnuts (vary it)

MEAL #4 (4:30 pm)

Whey protein Isolate 35g

1 tablespoon all natural peanut butter

MEAL #5 (7:30 pm)

5 oz salmon, swordfish, or RED MEAT

green salad (no tomatoes, red peppers, or carrots)

1 tablespoon of Olive Oil

vinegar

MEAL #6 (10:30 Pm)

1 whole Egg with 6 egg whites + 5 fish oil tabs

cheat meal

once per week (in place of meal #5)