

# 1500 Calorie Menu Day 1

Food Group	Description	Portion Size	Calories
Multivitamin	Replenish	1 per day	-
Probiotic	Restore	1 per day	-
Other	Bioactive Beverage	1 oz.	15
<b>Breakfast</b>			
Protein/Dairy	Rebuild w/Skim Milk	1 serving	210
<b>Snack 1</b>			
Protein	Egg	2 large	140
Vegetable	Baby Carrots	1 cup	35
<b>Lunch</b>			
Grains	Sandwich Thins	2 slices	100
Protein	Lean Deli-Turkey	2 slices	50
Other	Mustard	2 tsp.	8
Vegetable	Romaine Lettuce	1 cup	15
Healthy Fat	Avocado	4 thin slices	53
Fruit	Apple	medium	95
<b>Snack 2</b>			
Healthy Fat	Almonds	10	90
Fit Product	Resist Snack Bar	1 bar	180
<b>Snack 3</b>			
Fit Product	Reduce Fat Flusher	1 serving	70
<b>Dinner</b>			
Protein	Skinless Chicken Breast	6 oz	194
Vegetable	Steamed Cauliflower	1 cup	25
Vegetable	Steamed Broccoli	1 cup	44
Dairy	Fat Free Cottage Cheese	½ cup	70
Grains	Steamed Wild Rice	½ cup	83
		<b>Total Calories</b>	<b>1,477</b>

# 1500 Calorie Menu Day 2

Food Group	Description	Portion Size	Calories
Multivitamin	Replenish	1 per day	-
Probiotic	Restore	1 per day	-
Other	Bioactive Beverage	1 oz.	15
<b>Breakfast</b>			
Protein/Dairy	Rebuild w/skim milk	1 serving	210
<b>Snack 1</b>			
Healthy Fat	Almonds	12	108
Vegetable	Edamame	¼	60
<b>Lunch</b>			
Grains	Sandwich Thins	2 slices	100
Protein	Tuna	2 oz. can	54
Other	Light Mayo	1 tsp.	35
Vegetable	Romaine Lettuce	1 cup	15
Fruit	Grapes	½ cup	52
Dairy	Fat Free Cottage Cheese	½ cup	70
<b>Snack 2</b>			
Fit Product	Resist Snack Bar	1 bar	180
<b>Snack 3</b>			
Fit Product	Reduce Fat Flusher	1 serving	70
<b>Dinner</b>			
Protein	Canadian Bacon	4 oz.	212
Grain	Whole Wheat Roll	Small	80
Vegetable	Spinach Salad	2 cups	40
Vegetable	Red Bell Pepper	½ pepper	20
Vegetable	Zucchini	½ cup	15
Dairy	Bleu Cheese	2 tbs.	100
Healthy Fat	Fat Free Ranch	2 tbs.	30
			<b>1,466</b>

# 1500 Calorie Menu Day 3

Food Group	Description	Portion Size	Calories
Multivitamin	Replenish	1 per day	-
Probiotic	Restore	1 per day	-
Other	Bioactive Beverage	1 oz.	15
<b>Breakfast</b>			
Protein/Dairy	Rebuild w/Skim Milk	1 serving	210
<b>Snack 1</b>			
Protein	Eggs	2 large	140
<b>Lunch</b>			
Grain	Sandwich Thins	2 slices	100
Protein	Lean Deli-Turkey	2 slices	50
Other	Mustard	2 tsp.	8
Vegetable	Romaine Lettuce	1 cup	20
Healthy Fat	Avocado	3 thin slices	40
Fruit	Apple	medium	95
<b>Snack 2</b>			
Healthy Fat	Almonds	12	108
Fit Product	Resist Snack Bar	1 bar	180
<b>Snack 3</b>			
Fit Product	Reduce Fat Flusher	1 serving	70
<b>Dinner</b>			
Protein	Grilled Salmon	4 oz.	248
Vegetable	Asparagus	8 spears	24
Vegetable	Romaine Lettuce	2 cups	40
Vegetable	Tomato	½ medium	22
Grain	Steamed Wild Rice	½ cup	83
Healthy Fat	Fat Free Italian Dressing	2 tbs.	20
<b>Total Calories</b>			<b>1,473</b>

# 1500 Calorie Menu Day 4

Food Group	Description	Portion Size	Calories
Multivitamin	Replenish	1 per day	-
Probiotic	Restore	1 per day	-
Other	Bioactive Beverage	1 oz.	15
<b>Breakfast</b>			
Protein/Dairy	Rebuild w/Skim Milk	1 serving	210
<b>Snack 1</b>			
Fruit	Strawberries	1 cup	75
Dairy	Yogurt Light and Fit	1 container	80
Healthy Fat	Walnuts	7	70
<b>Lunch</b>			
Vegetable	Raw Spinach Salad	2 cups	12
Protein	Lean Deli-Turkey	2 slices	50
Vegetable	Tomato	½ medium	20
Dairy	Feta Cheese	1 oz.	70
Healthy Fat	Light Ranch	2 tbs.	30
<b>Snack 2</b>			
Fit Product	Resist Snack Bar	1 bar	180
<b>Snack 3</b>			
Fit Product	Reduce Fat Flusher	1 serving	70
<b>Dinner</b>			
Protein	Grilled Chicken	6 oz	194
Vegetable	Red Bell Pepper	½ pepper	20
Vegetable	Green Bell Pepper	½ pepper	20
Vegetable	Onion	½ medium	24
Vegetable	Corn	½ cup	80
Vegetable	Black Beans (cooked)	½ cup	140
Grain	Flour Tortilla	2	81
Healthy Fat	Olive Oil (cook with)	½ tbs.	55
		<b>Total Calories</b>	<b>1,496</b>

# 1500 Calorie Menu Day 5

Food Group	Description	Portion Size	Calories
Multivitamin	Replenish	1 per day	-
Probiotic	Restore	1 per day	-
Other	Bioactive Beverage	1 oz.	15
<b>Breakfast</b>			
Protein/Dairy	Rebuild w/Skim Milk	1 serving	230
<b>Snack 1</b>			
Grain	Oatmeal (cooked)	½ cup	150
Fruit	Orange	medium	60
Dairy	Low Fat String Cheese	1 stick	60
<b>Lunch</b>			
Grain	Sandwich Thins	2 slices	100
Protein	Lean Deli-Turkey	2 slices	50
Other	Mustard	2 tsp.	8
Vegetable	Romaine Lettuce	1 cup	15
Healthy Fat	Avocado	3 thin slices	40
Fruit	Apple	medium	95
<b>Snack 2</b>			
Fit Product	Resist Snack Bar	1 bar	180
<b>Snack 3</b>			
Fit Product	Reduce Fat Flusher	1 serving	70
<b>Dinner</b>			
Protein	Shrimp	14	84
Vegetable	Asparagus	8 spears	24
Vegetable	Steamed Broccoli	½ cup	22
Grain	Whole Wheat Pasta	1 cup	209
Healthy Fat	Olive Oil	½ tbs.	55
Herb	Garlic	1 clove	-
		<b>Total Calories</b>	<b>1,452</b>

# 1500 Calorie Menu Day 6

Food Group	Description	Portion Size	Calories
Multivitamin	Replenish	1 per day	-
Probiotic	Restore	1 per day	-
Other	Bioactive Beverage	1 oz.	15
<b>Breakfast</b>			
Protein/Dairy	Rebuild w/Skim Milk	1 serving	210
<b>Snack 1</b>			
Protein	Egg	2 large	140
Vegetable	Baby Carrots	1 cup	35
<b>Lunch</b>			
Grains	Sandwich Thins	2 slices	100
Protein	Lean Deli-Turkey	2 slices	50
Other	Mustard	2 tsp.	8
Vegetable	Romaine Lettuce	1 cup	15
Healthy Fat	Avocado	4 thin slices	53
Fruit	Apple	medium	95
<b>Snack 2</b>			
Healthy Fat	Almonds	10	90
Fit Product	Resist Snack Bar	1 bar	180
<b>Snack 3</b>			
Fit Product	Reduce Fat Flusher	1 serving	70
<b>Dinner</b>			
Protein	Skinless Chicken Breast	6 oz	194
Vegetable	Steamed Cauliflower	1 cup	25
Vegetable	Steamed Broccoli	1 cup	44
Dairy	Fat Free Cottage Cheese	½ cup	70
Grains	Steamed Wild Rice	½ cup	83
		<b>Total Calories</b>	<b>1,477</b>