

1800 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
Breakfast			
Protein/Dairy	Rebuild w/Skim Milk	1 serving	210
Snack 1			
Protein	Eggs	2 large	140
Fruit	Raisins	½ cup	91
Lunch			
Grain	Sandwich Thins	2 slices	100
Protein	Lean Deli-Turkey	2 slices	50
Other	Mustard	2 tsp.	8
Dairy	Provolone Cheese	2 slices	160
Vegetable	Tomato	½ medium	22
Vegetable	Romaine lettuce	1 cup	15
Healthy Fat	Avocado	3 thin slices	40
Fruit	Apple	medium	95
Snack 2			
Resist	Resist Bar	1 serving	180
Healthy Fat	Almonds	8	72
Dinner			
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
Grain	Steamed Wild Rice	1 cup (cooked)	166
Snack 3			
Fit Product	Reduce Fat Flusher	1 serving	70
		Total Calories	1,757

1800 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
Breakfast			
Protein/Dairy	Rebuild w/Skim Milk	1 serving	210
Snack 1			
Dairy	Yogurt Light and Fit	1 serving	80
Vegetable	Edamame	½ cup	120
Fruit	Apple	medium	95
Lunch			
Grain	Sandwich Thins	2 slices	100
Lean Meat	Tuna	3 oz. can	79
Healthy Fat	Light Mayo	1 tsp.	35
Vegetable	Romaine Lettuce	1 cup	15
Fruit	Grapes	½ cup	52
Dairy	Fat Free Cottage Cheese	½ cup	70
Snack 2			
Healthy Fat	Almonds	10	90
Fit Product	Resist Bar	1 bar	180
Dinner			
Protein	Canadian Bacon	5 oz.	265
Grain	Whole Wheat Roll	small	80
Vegetable	Spinach Salad	2 cups	40
Vegetable	Red Bell Pepper	½ pepper	20
Vegetable	Banana Peppers	½ cup	15
Vegetable	Zucchini	½ cup	15
Dairy	Bleu Cheese	2 tbs.	100
Healthy Fat	Fat Free Ranch	2 tbs.	30
Snack 3			
Fit Product	Reduce Fat Flusher	1 serving	70
		Total Calories	1,776

1800 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
Breakfast			
Protein/Dairy	Rebuild w/Skim Milk	1 serving	210
Snack 1			
Protein	Eggs	2 large	140
Vegetable	Baby carrots	1 cup	35
Healthy Fat	Almonds	8	72
Lunch			
Grain	Sandwich Thins	2 slices	100
Protein	Lean Deli-Turkey	2 slices	50
Other	Mustard	2 tsp.	8
Dairy	Provolone	2 slices	160
Vegetable	Romaine lettuce	1 cup	20
Healthy Fat	Avocado	3 thin slices	40
Fruit	Apple	medium	95
Snack 2			
Grain	Popcorn	1 cup	31
Fit Product	Resist Bar	1 bar	180
Dinner			
Protein	Grilled Salmon	5 oz.	310
Vegetable	Asparagus	10 spears	30
Vegetable	Romaine Lettuce	2 cups	40
Vegetable	Tomato	½ medium	22
Grain	Steamed Wild Rice	¾ cup (cooked)	124
Healthy Fat	Fat Free Italian Dressing	2 tbs.	20
Snack 3			
Fit Product	Reduce Fat Flusher	1 serving	70
		Total Calories	1,772

1800 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
Breakfast			
Protein/Dairy	Rebuild w/Skim Milk	1 serving	210
Snack 1			
Grain	Oatmeal	½ cup	150
Healthy Fat	Walnuts	6	80
Other	Agave	2 tbs.	32
Lunch			
Vegetable	Raw Spinach Salad	2 cups	12
Protein	Lean Deli-Turkey	2 slices	50
Vegetable	Tomato	½ medium	20
Dairy	Feta Cheese	1.5 oz.	70
Healthy Fat	Light Ranch	2 tbs.	30
Grain	Whole Wheat Roll	small	80
Snack 2			
Fruit	Strawberries	1 cup	75
Dairy	Yogurt Light and Fit	1 container	80
Fit Product	Resist Bar	1 bar	180
Dinner			
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	½ cup	140
Grain	Flour Tortilla	2	81
Healthy Fat	Olive oil (cook with)	½ tbs.	55
Snack 3			
Fit Product	Reduce Fat Flusher	1 serving	70
		Total Calories	1,768

1800 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
Breakfast			
Protein/Dairy	Rebuild w/Skim Milk	1 serving	210
Snack 1			
Grain	Oatmeal	½ cup (cooked)	150
Other	Agave	2 tbs.	32
Lunch			
Grain	Sandwich Thins	2 slices	100
Protein	Lean Deli-Turkey	3 slices	75
Other	Mustard	2 tsp.	8
Dairy	Provolone	2 slices	160
Vegetable	Romaine Lettuce	1 cup	15
Healthy Fat	Avocado	3 thin slices	40
Fruit	Apple	medium	95
Snack 2			
Fit Product	Resist Bar	1 bar	180
Vegetable	Baby Carrots	1 cup	35
Dairy	Low Fat String Cheese	1 stick	60
Dinner			
Protein	Shrimp	20	120
Vegetable	Asparagus	8 spears	24
Vegetable	Steamed Broccoli	½ cup	22
Grain	Whole Wheat Pasta	1 cup	209
Grain	Whole Wheat Roll	Small	80
Healthy Fat	Olive Oil	½ tbs.	55
Herb	Garlic		
Snack 3			
Fit Products	Reduce Fat Flusher	1 serving	70
Total Calories			1,755

1800 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
Breakfast			
Protein/Dairy	Rebuild w/Skim Milk	1 serving	210
Snack 1			
Protein	Eggs	2 large	140
Fruit	Raisins	½ cup	91
Lunch			
Grain	Sandwich Thins	2 slices	100
Protein	Lean Deli-Turkey	2 slices	50
Other	Mustard	2 tsp.	8
Dairy	Provolone Cheese	2 slices	160
Vegetable	Tomato	½ medium	22
Vegetable	Romaine lettuce	1 cup	15
Healthy Fat	Avocado	3 thin slices	40
Fruit	Apple	medium	95
Snack 2			
Vegetable	Baby Carrots	1 cup	35
Fruit	Raisins	½ cup	91
Healthy Fat	Almonds	12	108
Dinner			
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
Grain	Steamed Wild Rice	1 cup (cooked)	166
Snack 3			
Fit Product	Reduce Fat Flusher	1 serving	70
		Total Calories	1,749

1800 Calorie Menu Day 7