

2000 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			
Grain	Rebuild w/Skim Milk	1 serving	210
Snack 1			
Protein	Eggs	3 large	210
Vegetable	Green Bell Pepper	½ pepper	16
Lunch			
Grain	Sandwich Thins	2 slices	100
Lean Meat	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
Vegetable	Baby carrots	1 cup	35
Fruit	Apple	medium	95
Snack 2			
Fit Products	Resist Bar	1 bar	180
Fruit	Raisins	½ cup	91
Healthy Fat	Almonds	8	72
Dinner			
Protein	Skinless Chicken Breast	8 oz	258
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 Products	Reduce Fat Flusher	1 serving	70
		Total Calories	1,957

2000 Calorie Menu Day 2

Food Group	Description	Serving 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			
Healthy Fat	Almonds	8	72
Vegetable	Edamame	1 cup	240
Lunch			
Grain	Sandwich Thins	2 slices	100
Protein	Tuna	3 oz. can	79
Other	Light Mayo	1 tsp.	35
Vegetable	Romaine Lettuce	1 cup	15
Fruit	Grapes	1 cup	104
Dairy	Fat Free Cottage Cheese	½ cup	70
Snack 2			
Fit Product	Resist Bar	1 bar	180
Fruit	Apple	medium	95
Dinner			
Protein	Canadian Bacon	7 oz.	371
Grain	Whole Wheat Roll	Small	80
Vegetable	Spinach Salad	2 cups	40
Vegetable	Red Bell Pepper	1 pepper	40
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	1976

2000 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	3 large	210
Vegetables	Green Pepper	½ pepper	20
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			
Fit Product	Resist Bar	1 bar	180
Vegetable	Baby carrots	1 cup	35
Other	Popcorn	2 cups	40
Dinner			
Protein	Grilled Salmon	6 oz.	372
Vegetable	Asparagus	10 spears	30
Vegetable	Romaine Lettuce	2 cups	40
Vegetable	Tomato	1 medium	44
Grain	Steamed Wild Rice	1 cup	165
Healthy Fat	Fat Free Italian Dressing	2 tbs.	20
Snack 3			
Fit Product	Reduce Fat Flusher	1 serving	70
		Total Calories	1,924

2000 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
Other	Agave	2 tbs.	32
Lunch			
Vegetable	Raw Spinach Salad	3 cups	18
Protein	Lean Deli-Turkey	3 slices	75
Vegetable	Tomato	1 medium	40
Dairy	Feta Cheese	2 oz.	93
Healthy Fat	Light Ranch	2 tbs.	30
Grain	Whole Wheat Roll	medium	120
Snack 2			
Fit Product	Resist Bar	1 bar	180
Fruit	Strawberries	1 cup	75
Dairy	Yogurt Light and Fit	1 container	80
Dinner			
Protein	Grilled Chicken	8 oz.	258
Vegetable	Red Bell Pepper	1 pepper	40
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	121
Healthy Fat	Olive oil (cook with)	½ tbs.	55
Snack 3			
Fit Product	Reduce Fat Flusher	1 serving	70
Total Calories			1,926

2000 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	¾ cup cooked	225
Fruit	Raisins	1 cup	120
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
Dinner			
Protein	Shrimp	25	150
Vegetable	Asparagus	10 spears	30
Vegetable	Steamed Broccoli	1 cup	44
Grain	Whole Wheat Pasta	1 cup	209
Grain	Whole Wheat Roll	medium	120
Healthy Fat	Olive Oil	½ tbs.	55
Herb	Garlic		
Snack 3			
Fit Product	Reduce Fat Flusher	1 serving	70
		Total Calories	1,953

2000 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	3 large	210
Vegetable	Green Bell Pepper	½ pepper	16
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
Fat	Avocado	3 thin slices	40
Vegetable	Baby carrots	1 cup	35
Fruit	Apple	medium	95
Snack 2			
Fit Product	Resist Bar	1 bar	180
Fruit	Raisins	½ cup	91
Healthy Fat	Almonds	8	72
Dinner			
Protein	Skinless Chicken Breast	8 oz.	258
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	166
Snack 3			
Fit Product	Reduce Fat Flusher	1 serving	70
Total Calories			1,957