**Sunday**  
  
  
Breakfast

* Omelet (Veggies of choice)
* Meat (steak, chicken, turkey, salmon and shrimp)
* Hot Beverage 8oz (black coffee, tea, hot lemon water)

Snack

* (1) Protein Shake
* 16 oz of water

Lunch

* Your Salad Choice with
* Meats (steak, chicken, turkey, salmon and shrimp)
* 32 oz water

Snack

* (1) Green Apple
* 16 oz of water

Dinner

* Your Salad Choice
* Meats (steak, chicken, turkey, salmon and shrimp)
* 32 oz of water

   
   
  

**Monday, Wednesday, Friday**  
​  
Breakfast

* Breakfast Salad (Spinach and Kale mix) [Recipe](https://www.allrecipes.com/recipe/233744/colorful-kale-and-spinach-salad-and-homemade-dressing/)
* Add Sunflower Seeds to salad
* Meat (steak, chicken, turkey, salmon and shrimp)
* Hot Beverage 8oz (black coffee, tea, hot lemon water)

Snack

* (1) Protein Shake
* 16 oz of water

Lunch

* Your Salad Choice with
* Meats (steak, chicken, turkey, salmon and shrimp)
* 32 oz water

Snack

* (1) Bosc Pear
* 16 oz of water

Dinner

* Your Salad Choice
* Meats (steak, chicken, turkey, salmon and shrimp)
* 32 oz of water

   
 

**Tuesday & Thursday**  
  
Breakfast

* (1) Bagel or Croissant
* Meat (bacon, sausage, no fish)​
* Hot Beverage 8oz (black coffee, tea, hot lemon water)

Snack

* (1) Protein Shake
* 16 oz of water

Lunch

* Sweet potato (baked)
* Meats (steak, chicken, turkey, salmon and shrimp)
* 32 oz water

Snack

* (1) cup of Green Grapes
* 16 oz of water

Dinner

* Your Salad Choice
* Meats (steak, chicken, turkey, salmon and shrimp)
* 32 oz of water

   
 

**Saturday**  
  
Breakfast

* Omelet (Veggies of choice)
* Meat (steak, chicken, turkey, salmon and shrimp)
* Hot Beverage 8oz (black coffee, tea, hot lemon water)

Snack

* (1) Protein Shake
* 16 oz of water

Lunch

* Your Salad Choice with
* Meats (steak, chicken, turkey, salmon and shrimp)
* 32 oz water

Snack

* (1) Green Apple
* 16 oz of water

Dinner

* Your Choice Cheat Meal
* If you drink choice between Vodka, Tequila or Red Wine

Grocery List  
  
1. Spinach  
2. Kale  
3. Romaine Lettuce  
4. Carrots  
5. Red Peppers  
6. Sunflower Seeds  
7. Bosc Pears  
8. Protein Shake [(Click)](https://www.walmart.com/ip/Premier-Protein-High-Protein-Shake-Chocolate-12-11oz/285037596?wmlspartner=wlpa&selectedSellerId=101021687&&adid=22222222227319022052&wl0=&wl1=g&wl2=c&wl3=397859896536&wl4=pla-839369850420&wl5=9007721&wl6=&wl7=&wl8=&wl9=pla&wl10=215137331&wl11=online&wl12=285037596&veh=sem&gclid=EAIaIQobChMI5beL8Oid6gIVrdSzCh0--QduEAQYAyABEgJZOfD_BwE)  
9. Meat of choice  
10. Eggs  
11. Sweet Potato  
12. Green Grapes  
​13. Green Apples