

Breakfast

3 eggs 1 egg yolk two egg whites make an omelet with 3 small grape tomatoes, 1 tsp of blue cheese and a 1/2 cup of spinach leaves and season

Have 1 cup of watermelon with your breakfast or 5 strawberries

1 cup of black coffee with a sugar substitute, 8 oz. of water or a cup of green tea brewed

Snack

1 cup of Jell-O sugar free pudding and 1 scoop of whey isolate protein or have 1 Greek yogurt

Lunch

3 -5 oz. of Tuna albacore or 4 oz. of chicken breast wrapped in a lettuce leaf a huge romaine one and add chili sauce

Have 10 almonds with this meal

16 oz. of water or green tea

Snack

1 Granny Smith Apple

Dinner

Ground turkey breast, or boiled or grilled shrimp

1 cup of steamed broccoli, or Kale

Snack

1 sugar free Jell-O, 10 cucumber slices with sea salt and black pepper

Weekends

Cheat at least once

1 Gallon of water a day