

# DAY 1

BREAKFAST: ● 1 PROTEIN ● 1 CARB  
FOR PLAN B: ADD ● 1 VEGGIE



SNACK: ● SHAKEOLOGY ● 1 FRUIT

LUNCH: ● 1 VEGGIE ● 1 PROTEIN ● 1 HEALTHY FAT ● 1 OIL & NUT BUTTER  
FOR PLAN B: ADD ● 1 CARB ● 1 OIL & NUT BUTTER

SNACK: ● 1 PROTEIN ● 1 VEGGIE

DINNER: ● 1 PROTEIN ● 1 VEGGIE ● 1 SEED & DRESSING ● 1 OIL & NUT BUTTER  
FOR PLAN B: ADD ● 1 VEGGIE ● 1 OIL & NUT BUTTER

DAILY WORKOUT: MAX OUT:15 AND 360° ABS  
TAKE YOUR "BEFORE" PHOTOS AND MEASUREMENTS.



## DAY 2

**BREAKFAST:** ● 1 PROTEIN ● 1 CARB  
**FOR PLAN B:** ADD ● 1 VEGGIE



**SNACK:** ● SHAKEOLOGY ● 1 FRUIT

**LUNCH:** ● 1 VEGGIE ● 1 PROTEIN ● 1 HEALTHY FAT ● 1 OIL & NUT BUTTER  
**FOR PLAN B:** ADD ● 1 CARB ● 1 OIL & NUT BUTTER

**SNACK:** ● 1 PROTEIN ● 1 VEGGIE

**DINNER:** ● 1 PROTEIN ● 1 VEGGIE ● 1 SEED & DRESSING ● 1 OIL & NUT BUTTER  
**FOR PLAN B:** ADD ● 1 VEGGIE ● 1 OIL & NUT BUTTER

**DAILY WORKOUT: MAX OUT:15 AND MAX OUT ABS**



## DAY 3

BREAKFAST: ■ 1 PROTEIN ■ 1 CARB  
FOR PLAN B: ADD ■ 1 VEGGIE



SNACK: ■ SHAKEOLOGY ■ 1 FRUIT

LUNCH: ■ 1 VEGGIE ■ 1 PROTEIN ■ 1 HEALTHY FAT — 1 OIL & NUT BUTTER  
FOR PLAN B: ADD ■ 1 CARB — 1 OIL & NUT BUTTER

SNACK: ■ 1 PROTEIN ■ 1 VEGGIE

DINNER: ■ 1 PROTEIN ■ 1 VEGGIE ■ 1 SEED & DRESSING — 1 OIL & NUT BUTTER  
FOR PLAN B: ADD ■ 1 VEGGIE — 1 OIL & NUT BUTTER

**EXTREME RESULTS TIP:** DRINK 1–2 GALLONS OF WATER,  
AND ADD MINIMAL SALT TO YOUR FOOD.

**DAILY WORKOUT: MAX OUT:15 AND 360° ABS**



## DAY 4

BREAKFAST: ■ 1 PROTEIN ■ 1 CARB  
FOR PLAN B: ADD ■ 1 VEGGIE



SNACK: ■ SHAKEOLOGY ■ 1 FRUIT

LUNCH: ■ 1 VEGGIE ■ 1 PROTEIN ■ 1 HEALTHY FAT — 1 OIL & NUT BUTTER  
FOR PLAN B: ADD ■ 1 CARB — 1 OIL & NUT BUTTER

SNACK: ■ 1 PROTEIN ■ 1 VEGGIE

DINNER: ■ 1 PROTEIN ■ 1 VEGGIE ■ 1 SEED & DRESSING — 1 OIL & NUT BUTTER  
FOR PLAN B: ADD ■ 1 VEGGIE — 1 OIL & NUT BUTTER

**EXTREME RESULTS TIP:** DRINK 1–2 GALLONS OF WATER,  
AND ADD MINIMAL SALT TO YOUR FOOD.

**DAILY WORKOUT: MAX OUT:15 AND 360° ABS**



## DAY 5

BREAKFAST: ■ 1 PROTEIN ■ 1 CARB  
FOR PLAN B: ADD ■ 1 VEGGIE



SNACK: ■ SHAKEOLOGY ■ 1 FRUIT

LUNCH: ■ 1 VEGGIE ■ 1 PROTEIN ■ 1 HEALTHY FAT — 1 OIL & NUT BUTTER  
FOR PLAN B: ADD ■ 1 CARB — 1 OIL & NUT BUTTER

SNACK: ■ 1 PROTEIN ■ 1 VEGGIE

DINNER: ■ 1 PROTEIN ■ 1 VEGGIE ■ 1 SEED & DRESSING — 1 OIL & NUT BUTTER  
FOR PLAN B: ADD ■ 1 VEGGIE — 1 OIL & NUT BUTTER

**EXTREME RESULTS TIP:** DRINK 1-2 GALLONS OF WATER,  
AND ADD MINIMAL SALT TO YOUR FOOD.

**DAILY WORKOUT: MAX OUT:15 AND MAX OUT ABS**



## DAY 6

BREAKFAST: ■ 1 PROTEIN ■ 1 CARB  
FOR PLAN B: ADD ■ 1 VEGGIE



SNACK: ■ SHAKEOLOGY ■ 1 FRUIT

LUNCH: ■ 1 VEGGIE ■ 1 PROTEIN ■ 1 HEALTHY FAT — 1 OIL & NUT BUTTER  
FOR PLAN B: ADD ■ 1 CARB — 1 OIL & NUT BUTTER

SNACK: ■ 1 PROTEIN ■ 1 VEGGIE

DINNER: ■ 1 PROTEIN ■ 1 VEGGIE ■ 1 SEED & DRESSING — 1 OIL & NUT BUTTER  
FOR PLAN B: ADD ■ 1 VEGGIE — 1 OIL & NUT BUTTER

**EXTREME RESULTS TIP:** DRINK 1–2 GALLONS OF WATER,  
AND ADD MINIMAL SALT TO YOUR FOOD.

**DAILY WORKOUT: MAX OUT:15 AND 360° ABS**



# DAY 7

BREAKFAST: ● 1 PROTEIN ● 1 CARB  
FOR PLAN B: ADD ● 1 VEGGIE



SNACK: ● SHAKEOLOGY ● 1 FRUIT

LUNCH: ● 1 VEGGIE ● 1 PROTEIN ● 1 HEALTHY FAT ● 1 OIL & NUT BUTTER  
FOR PLAN B: ADD ● 1 CARB ● 1 OIL & NUT BUTTER

SNACK: ● 1 PROTEIN ● 1 VEGGIE

DINNER: ● 1 PROTEIN ● 1 VEGGIE ● 1 SEED & DRESSING ● 1 OIL & NUT BUTTER  
FOR PLAN B: ADD ● 1 VEGGIE ● 1 OIL & NUT BUTTER

**DAILY WORKOUT: MAX OUT:15 AND MAX OUT ABS**

**TAKE YOUR "AFTER" PHOTOS AND MEASUREMENTS TOMORROW MORNING.**

