

# Cook Yourself Healthy

## 12 Week Program

The plan outlined below will help anyone lose weight in a safe, effective, consistent way. Now, realize that losing weight is not always a straight path. You'll have ups and downs. You'll slip up early in your week, or think you've blown your progress by splurging, and think you need to restart the whole plan. You'll get down on yourself because you'll think it's not worth continuing to diet now that you've messed up.

This is normal, and you're going to have days that aren't as strict. You'll find yourself in situations where you can't always eat the foods or meals you want to.

The important thing to realize is this: when you mess up, it's not a big deal - IF you don't let a temporary setback derail your progress. You didn't "fall off the bandwagon". Remember, this is a marathon, not a sprint. If you slip up one meal, forget about it and move on, and try to be better for the next meal.

If you mess up on a Wednesday, don't think you've blown your week and splurge till the following Monday. Any day is the next best day to get back on the plan.

If you screw up, make better choices overall and aim for being better, not being perfect. And for God's sake, don't think your week is shot because you had a bad meal. Suck it up, and make your very next meal a healthier one, and then the next one, and so on. Track everything though, even if it's a cheat meal. Know what you're consuming. What doesn't get measured doesn't get managed.

When you follow the plan below, you'll likely think you need to eat less to lose weight, or only eat some tiny list of "healthy" foods. This is natural to think if you've only followed the conventional dieting advice the media wants you to believe... The whole "low carb", "low calorie", "low fat", "Ketogenic", or any of the other number of diet plans.

Well, the truth is that your body absolutely needs *all three macronutrients* – proteins, fats, AND carbs (shocking!) – to function optimally. Our physiology, including everything from your metabolism to your hormonal production, wasn't designed to operate, let alone thrive, on a diet where you simply cut out any of these three macronutrients.

When you don't eat enough of any of these three macronutrients, it throws your entire body out of whack. Cutting out proteins, fats or carbs doesn't just affect your diet... Doing this impairs sleep quality, reduces hormone production (including reduction in testosterone production in men, specifically), retains stubborn body fat, causes digestive problems (IBS and others, potentially),

increased blood pressure and circulation issues, poor skin health and mental clarity... And yes, there are more.

Simply put: make sure you're eating carbs, fats, and protein in your diet, and focus on the ratios of these three that are most conducive to a healthy metabolism (we talk about that below).

## Tracking Calories

Now, to do this program, you don't need much, but these tools are non-negotiable:

- [My Fitness Pal](#) - an app for your phone that lets you track everything you're eating.
- A Digital Food Scale

Yes, you have to track your calories. There's no getting around it. If you're following this plan, it's because you need to lose weight. You're in a situation that was caused by a lack of accountability, and then a lack of responsibility for fixing it.

Peter Drucker, legendary business thoughtleader, was famous for coining the phrase, "*What gets measured, gets managed*". If you don't measure (or in this case, track your calories), you don't know how to improve. And worse yet, if you don't have a framework to hold that against, you don't know if you're succeeding or not.

Time you changed that, and good news for you – it's easier than you think. All it takes is a simple strategy (that we outline below) and a few minutes out of your day, and you'll be on a path that will produce fat loss. Best of all, you'll be able to see your progress through a number of different ways.

The app mentioned above – MyFitnessPal – is the easiest way to track your food, and when coupled with a food scale, you know you're tracking that food accurately.

## How Losing Fat Works (From A High Level)

Every second of every day, your body burns calories as energy for all biological processes. When you breath, you burn calories. The processes your metabolism goes through burns calories. Chewing your food burns calories. Literally sitting in a chair burns calories.

If you add up all the calories you naturally burn in a day from all these physical and physiological processes, it adds up to a base calorie number that maintains the weight you're at - meaning, if you ate that number of calories in a day, you would neither gain nor lose weight. Energy in, energy out. This maintenance calorie number is what we call your Maintenance Calorie Target. Although there are many ways to calculate this number, it's easiest to use a simple calculation of your bodyweight times 15 (or, BW x 15).

Now, to actually lose fat, you have to consume less calories than you burn - which is why it's so important to understand how to figure out your Maintenance Calorie Target. If you consume *under* the calorie target and create a calorie deficit for multiple days on end, you'll lose weight. If you consume over the calorie target for multiple days on end, you'll gain weight.

Yes, it's literally simple math. Your goal is consume less calories than you burn, creating this state of being in a calorie deficit, and thus you'll lose weight over time.

*How much time?*

Depends. One pound of fat is equivalent to 3,500 calories. That means that if you want to lose 1 pound of fat in a week, you must be in a calorie deficit of at least 3,500 calories at the end of that week to lose one pound of fat.

People with more fat to lose will have a much easier time losing it in the beginning. If you're close to your goal and only have 20 or less pounds till you reach it, the rate of fat loss will be much slower.

Is this always the case? No, of course not. It's rarely this straightforward. But generally, using this as a basis is a good place to start.

## **How To Figure Out Your Calories And Macros For Weight Loss:**

1. **Start by weighing yourself** - and record the accurate weight. It's best to do this first thing in the morning before you eat or drink anything.
2. **Then, determine your "maintenance" calorie target.** To do this, multiply your weight by 15. This is the number of calories you can eat daily to maintain the weight you're currently at.
  - a. For example, if you weighed 200 lbs, your maintenance calorie level would be  $200 \times 15 = 3,000$  calories. Therefore, if you ate 3,000 calories and weighed 200 lbs, you'd roughly stay the same weight week over week.
3. **Next, determine your "deficit" calorie target.** This is the number of calories you can eat to end the day in a calorie deficit, which - since you're eating fewer calories than your body is burning - could equate to fat loss over time.
  - a. To figure this number out, multiply your weight by 12. For example, if you weighed 200 lbs, it would be  $200 \times 12 = 2,400$  calories. Therefore, if you weighed 200 lbs and ate 2,400 or less each day, you'd gradually lose body fat over time.

4. **Finally, determine your “rapid weight loss” calorie target.** This is the number of calories you can safely eat at each day without going too extreme or “low calorie”, and without risking negative impact to your hormone levels as you lose weight. For people with more than 30 pounds to lose, eating at this calorie target will both lead to faster fat loss while ensuring you’re staying as healthy (and satiated) as possible. To figure out your rapid weight loss calorie target, multiply your body weight by 11.
  - a. For example, if you weighed 200 pounds, you’d multiply  $200 \times 11 = 2,200$  calories. Therefore, eating 2,200 calories per day would equate to more rapid weight loss while staying healthy.

Following the steps above, you should have your Maintenance Calorie Target, Deficit Calorie Target, and Rapid Weight Loss calorie target all figured out. Next is to put this into a weekly calendar that ensures you actually lose weight week over week.

### **Here’s What The Plan Looks Like:**

We’ve broken the weekly plan below into a “3-Phase” approach. Consider each 4-week block one phase.

During each of these 4-week phases, you’ll rotate your calorie targets. We want to shoot for being in a calorie deficit (i.e. a state where your body burns more energy – calories – than it consumes) for the majority of the time, while bumping up calories once per week to the Maintenance level. This is important for ongoing fat loss because the increase in calories here signals to your body that it’s not in “starvation mode,” and keeps hormone production high while also encouraging fat loss.

Then, for the fourth week of every 4-week phase, you’ll eat at your Deficit calorie target all 7 days (BWx12). This will net out as being more calories consumed than during the previous 3 weeks while also keeping your body in a calorie deficit – and thus losing body fat.

At the start of every phase, you’ll want to weight yourself and adjust your calories (using the calculations above, from the section “*How To Figure Out Your Calories And Macros For Weight Loss*”).

*The reason for doing this is because as you lose weight, your calorie requirements to continue losing fat consistently will change.*

*To ensure you’re keeping your body in a state conducive to losing fat, it’s best to recalculate your calories around every 20 pounds lost, or up to once per month.*

## **PHASE 1:**

### **Week 1-3:**

- Eat at your Rapid Fat Loss Calorie Target (BWx11) for 6 days of the week
- Eat at your Maintenance Calorie Target 1 day of the week of your choice (BWx15)

### **Week 4:**

- Eat at your Deficit Calorie Target (BWx12) for all 7 days of the week
- For these extra calories, focus on adding more carbs (example: sweet potatoes, russet potatoes, white rice, and fruit).

## **PHASE 2:**

### **Week 5-7:**

- Eat at your Rapid Fat Loss Calorie Target (BWx11) for 6 days of the week
- Eat at your Maintenance Calorie Target 1 day of the week of your choice (BWx15)

### **Week 8:**

- Eat at your Deficit Calorie Target (BWx12) for all 7 days of the week
- For these extra calories, focus on adding more carbs (example: sweet potatoes, russet potatoes, white rice, and fruit).

## **PHASE 3:**

### **Week 9-11:**

- Eat at your Rapid Fat Loss Calorie Target (BWx11) for 6 days of the week
- Eat at your Maintenance Calorie Target 1 day of the week of your choice (BWx15)

### **Week 12:**

- Eat at your Deficit Calorie Target (BWx12) for all 7 days of the week
- For these extra calories, focus on adding more carbs (example: sweet potatoes, russet potatoes, white rice, and fruit).

## **How Much Fat You Can Expect To Lose**

The answer is that it depends. Let's use an example to illustrate this.

Let's say you're 250. Or, perhaps even a more extreme example - let's say you're 300 pounds.

If you ate 4,500 calories per day (300x15), you'd maintain your weight. This might seem like a lot, but without tracking or accountability, it's not difficult to hit - especially when you throw snacking in there without accountability. A single candy bar could add up to 500 calories (sometimes more), and it goes by in a blink - without doing anything to dent your hunger.

Now, say you tracking everything you consumed and ate in a calorie deficit for a week. Let's use our Deficit Calorie Target as an example, using the weight of 300 pounds:

- Maintenance Calorie Target:  $300 \times 15 = 4,500$  calories
- Deficit Calorie Target:  $300 \times 12 = 3,600$  calories

$$3,600 - 4,500 = -900$$

At 300 pounds, eating at (or below) your Deficit Calorie Target each day would create a net deficit of 900 calories per day. Do this for 7 days in a row, and you'd net a calorie deficit of 6,300 calories for that week. If you do the math, since 1 pound of fat equals 3,500 calories, this would equate to 1.5 pounds lost in one week.

Now let's go a step further... Say you eat at the "Rapid Fat Loss" Calorie Target (BW x 11). Eating at your bodyweight x 11 (3,300 calories). This would create a net daily calorie deficit of 1,200 calories per day, or an 8,400-calorie deficit for the week. That's over 2 pounds of fat in one week!

Yes, you can lose fat quickly. And best of all, as you start to eat better foods that are both nourishing to your metabolism and satiating to your hunger, this process gets even easy and you might find weight coming off even faster.

## **MACRO RATIO:**

The following ratio is what we recommend shooting for in your daily diet. It doesn't have to be exact, but try to get as close to it as possible:

- 30% Protein
- 40% Carbohydrates
- 30% Fat

These macro percentage targets are what you'll want to add to MyFitnessPal. They're meant to be target ratios to hit at the end of each day, not specifically for every meal. For example, you can choose to have fewer carbs, fats, or protein in one meal, and just include more of that macro in another.

## **Food And Meal Timing**

The concept of meal timing is, to be quite frank, utter bullshit. You can eat whatever you want and literally any time of the day, as long as you stick to the ratios above, and hit your calorie targets. If you ate dinner at 9pm and went to bed at 9:30pm, it literally doesn't matter.

Your body takes up to 9 hours to digest food fully, and this happens independent of when you go to bed. If you ate dinner at 6:30 and went to bed at 10, you're digesting food as you sleep. If you ate dinner at 4 and went to bed at 10, guess what? Yep, still digesting food. So timing doesn't matter - only how much you eat in relation to your goal.

If you end the day in a net calorie deficit, and do this daily over time, then you'll gradually start to lose weight, case closed. Again, *WHAT* you eat is critical, not *WHEN* you eat.

## Intermittent Fasting

This is completely optional and highly dependent on the person, but the only thing we'd recommend in terms of meal timing would be to utilize intermittent fasting. This is where you basically skip breakfast - simple as that. Breakfast is absolutely not the most important meal of the day, and countless studies have validated this many times over. When you wait to consume calories for 4-6 hours after you wake, it helps improve cognitive function, boosts growth hormone, enables better nutrient partitioning that helps fat loss, and a host of other positive health benefits.

Tangent Alert: Breakfast is actually a made up thing, initially popularized by the cereal companies as a marketing ploy to sell more product. They couldn't get consumers to buy their products and were failing, so they basically invented the concept of breakfast and claimed it was the most important meal of the day. Decades of perpetuating this myth now has most consumers believing it IS the most important meal of the day, even though specific scientific evidence has been disproving this for over 40 years.

Men in particular find eating in this style extremely easy to do, and what this allows for is more calories for your larger meals (lunch and dinner), so you can eat larger portions, stay more full longer, and *still* end the day in a calorie deficit.

The concept is to wait 4-6 hours after you wake in the morning to consume calories. For example, if you wake up at say 5:30am, then you'd wait until roughly 10-12 to eat a meal (in this case, your lunch). To help make it through this fasting period easier, consume black coffee and optionally drink sparkling water.

If you need a small snack, you can have up to two servings of fruit 1-2 hours before you "break your fast". Note - this is not eating breakfast. It's a small snack (fruit, ideally) to help you make it to your lunch window.

Intermittent Fasting and not consuming calories may take up to a few days to really acclimate to, especially if you're used to eating right away. But it's a great way to be able to eat larger, more filling meals, and still lose fat at a rapid pace.

## **FOOD LIST:**

### Proteins (30%):

- Organic Eggs
- Lean Turkey
- Chicken
- Grass Fed Beef \*
- Beef Tenderloin \*
- Flank Steak \*
- Sirloin \*
- Wild Salmon
- Shellfish
- Lean Fish (ex:halibut, bass, cod, tuna, grouper, mahi-mahi, flounder...)

*\*in moderation*

### Carbohydrates: (40%):

- Sweet Potatoes
- Russet Potatoes
- Yukon Gold Potatoes
- Red Potatoes
- White Rice
- Fruit (berries, apples, bananas, pineapple, oranges, kiwi)
- Squash
- Plantains
- Quinoa
- Chickpeas
- Black beans
- Kidney Beans

### Fats (30%):

- Coconut Oil (cooking)
- Avocado Oil (cooking)
- Extra Virgin Olive oil (for topping or dressings)
- Organic Cheese
- Avocado
- Grass Fed Butter

- Macadamia Oil

Other:

- Vegetables (broccoli, cauliflower, brussel sprouts, asparagus, peppers, carrots, spinach, peas, green beans, tomatoes)
- Mushrooms
- Shallots
- Onions
- Garlic
- Fresh Herbs (cilantro, parsley, rosemary, thyme, basil, dill...etc.)
- Lemon and Lime juice
- Sauces \*
- Greek Yogurt
- Dark Chocolate

*\* In moderation*

Drinks/ Sweeteners:

- Coffee
- Black Tea
- Green Tea
- Organic stevia \*
- Agave
- Raw Honey
- Cane sugar \*
- Alcoholic Beverages \* ( red wine, white wine, tequila, bourbon, vodka...etc.)

*\* in moderation*

**Example of a Day:**

6am - Coffee/Tea

10-11am - Fruit

12pm - Big Lunch

3 pm - small snack (fruit, protein bar, smoothie, yogurt, cottage cheese)

6pm - Big Dinner

8pm - small snack: chocolate, low calorie ice cream (halo top), yogurt, cottage cheese)

## **RULES OF THE PROGRAM:**

1. Focus on whole, healthy foods.
2. Minimize consuming calories from beverages.
3. Minimize consuming calories from foods that aren't satiating (ie eat foods that fill you up)
4. Consume the majority of calories during your lunch and dinner meals (70-80% of your calories should come from these two meals).
5. Have something everyday (within reason) that you consider a "cheat food". (For example: if you love ice cream, choose something like Halo top to satisfy the craving.)
6. Have 1 healthy take-out meal a week - make it easy of yourself and find a healthy take out restaurant that you enjoy and fits your calories/macros. (for example: Chipotle, MOD Pizza, Blaze Pizza, Subway)
7. Know your goals and track your progress. EVERY LITTLE BIT COUNTS!
8. Acknowledge that progress isn't always linear. (There will be ups and downs so try not to get discouraged.)
9. Do what feels right for you! ( Example: the program is designed to work well with Fasting but that doesn't mean you have to.) Listen to your body... some people do great with fasting and some don't!

## **SCHEDULES FOR EATING**

For this meal plan, there a couple ways to carve up your calorie target for the day, and it all depends on if you want to try out "Intermittent Fasting" - which is where you skip breakfast and push your first meal to lunch time.

This is why we've created two sample schedules below: one for Fasting and one for Non-Fasting (cleverly named, of course).

### **FASTING SCHEDULE**

- Lunch - 40% of daily calories
- Dinner - 40% of daily calories
- Snack(s) - 20% of daily calories (Snacks before Lunch can fall into this category as well)

### **NON-FASTING SCHEDULE**

- Breakfast - 20% of daily calories
- Lunch - 30% of daily calories
- Dinner - 40% of daily calories
- Snack(s) - 10% of daily calories

Make sure to add these percentages to your MyFitnessPal settings. This way, you can track each day if you're on track or not, and also see how you feel eating your food in these percentages.

On either Saturday or Sunday (any time before the week), sit down and figure out which meals you're going to make and create your grocery list. Then, get your groceries and cook the meals you'll be taking to work for lunch during the week (prep as many days ahead as you can, to minimize the chances of not having a healthy meal during the week).

The good thing about most of the dinner recipes from in the meal plan is that they will make enough for leftovers - which make great options for lunches. This way, you only need to meal prep for a few lunches in advance over the weekend (Mon, Tues, and optionally Wed), and the leftovers from the week day dinners will become the lunches during the middle to end of the week (Wed, Thurs, and Fri).

## **WHAT TO LOOK FOR IN THE NUTRITION IN RECIPES**

This can get a little technical, so to keep it simple, here's generally what guidelines you'll want to follow when picking out recipes:

1 portion of Fat  
2 portions of Protein  
3-3.5 portions of Carbs

For example, a close estimate of how this would look is the following:

10g Fat  
20g Protein  
30-35g Carbs

If you eat more fruit during your snacks (before lunch, between lunch and dinner, or after dinner), then you can go a little lower in carbs during your larger meals... Because there are more sugars (i.e. carbs) in fruits, so you shouldn't have a problem hitting your carb target for the day.

## **EATING TO HIT YOUR CALORIE TARGETS**

The big question is how much do you actually eat during your meals. This really depends on when you like to eat, and how many calories you have available. Some people prefer a larger lunch and smaller dinner, while others prefer to keep it lighter during the day to stockpile more calories for a larger dinner (and a drink).

The main thing is that you're hitting your DAILY calorie targets and trying (as much as possible) to come within shooting range of the recommended macro ratios (40% carbs, 30% protein, 30% fat). Of these macros, the carbs and protein are most important to try and hit, since they'll keep you most full and satiated longest (which is obviously super important when you're already eating in a calorie deficit and trying to lose weight).

## FRUIT SNACKING TO HELP WITH HUNGER

If you're following the fasting schedule above, you may get a little hungry before lunch. This is normal, and it definitely gets easier as you go as your body adjusts to pushing your first meal to lunch time. But, here's an easy thing to do that helps stave off hunger for a bit longer so you get to lunch without a problem:

Eat one to two servings of fruit about 1-2 hours before lunch. Apples, bananas, or any of the fruits recommended in the food list above are all great options here.

Additionally, if you feel hungry between lunch and dinner (hey, everyone wants a snack between 2 and 3pm), fruit is a great option here as well. An apple alongside a large glass of water can be incredibly filling, and is super low-calorie.

## EXAMPLE WEEKLY MEAL PLAN #1

For this meal plan, we recommend doing the meal prepping (grocery shopping and any pre-week cooking) on the weekend, ideally Sunday. For example using this week's meal plan, since Garlic & Herb Chicken Burgers are the dinner for Sunday and the lunch on Monday, you'd make those in a batch on Sunday (which would make enough to eat for both meals on those days). You MAY have to double the recipe(s), depending on your target calorie intake, or if you're cooking for multiple people.

Also, we like to approach the meal plan and prepping for the meals on a Sunday-Saturday basis, so you're always starting the week by prepping food for dinner on Sunday night while making enough to take for leftovers on Monday. This will help you start your week off with food already made, and you'll be off to a great start for the week.

### Sunday

- **Fruit Snack:** Choice of Fruit (choose from list)
- **Lunch:** Healthy Takeout or choose from one of our [Quick Meals/Any Other Meal](#)
- **Snack:** fruit, protein bar, cottage cheese, Greek Yogurt, or other healthy suggested snack, PopChips, cheese sticks, jerky
- **Dinner:** Garlic & Herb Chicken Burger + Choice of Carb (choose from list) + Choice of Veggie (choose from list)

- 2-3x this recipe so you have enough for dinner today and lunch tomorrow

### **Monday**

- **Fruit Snack:** Choice of Fruit (choose from list)
- **Lunch:** [Leftover] Garlic & Herb Chicken Burger + Choice of Carb (choose from list) + Choice of Veggie (choose from list)
- **Snack:** fruit, protein bar, cottage cheese, Greek Yogurt, or **other healthy suggested snack**, PopChips, cheese sticks.
- **Dinner:** Barbacoa Burrito Bowls (White Rice + Veggies of Choice + Salsa + Serving of Cheese)

### **Tuesday**

- **Fruit Snack:** Apple, Banana, Grapefruit, Berries (or other; choose from list)
- **Lunch:** [Leftover] Barbacoa Burrito Bowls (White Rice + Veggies of Choice + Salsa + Serving of Cheese)
- **Snack:** fruit, protein bar, cottage cheese, Greek Yogurt, or other healthy suggested snack, PopChips, cheese sticks, jerky
- **Dinner:** Italian Chicken Bake + Choice of Carb + Choice of Veggie

### **Wednesday**

- **Fruit Snack:** Apple, Banana, Grapefruit, Berries (or other; choose from list)
- **Lunch:** [Leftover] Italian Chicken Bake + Choice of Carb + Choice of Veggie
- **Snack:** fruit, protein bar, cottage cheese, Greek Yogurt, or other healthy suggested snack, PopChips, cheese sticks, jerky
- **Dinner:** Healthy Spicy Chicken Chili + Choice of Carb + Choice of Veggie

### **Thursday**

- **Fruit Snack:** Apple, Banana, Grapefruit, Berries (or other; choose from list)
- **Lunch:** [Leftover] Healthy Spicy Chicken Chili + Choice of Carb + Choice of Veggie
- **Snack:** fruit, protein bar, cottage cheese, Greek Yogurt, or other healthy suggested snack, PopChips, cheese sticks, jerky
- **Dinner:** Healthy Takeout or choose from one of our **Quick Meals/Any Other Meal** (swap this for another night if you prefer), **SEE LIST** for healthy takeout options.

### **Friday**

- **Fruit Snack:** Apple, Banana, Grapefruit, Berries (or other; choose from list)
- **Lunch:** [Leftover] Healthy Spicy Chicken Chili + Choice of Carb + Choice of Veggie
- **Snack:** fruit, protein bar, cottage cheese, Greek Yogurt, or other healthy suggested snack, PopChips, cheese sticks, jerky
- **Dinner:** Turkey Sloppy Joe + Choice of Carb + Choice of Veggie

### **Saturday**

- **Fruit Snack:** Apple, Banana, Grapefruit, Berries (or other; choose from list)
- **Lunch:** [Leftover] Turkey Sloppy Joe + Choice of Carb + Choice of Veggie
- **Snack:** fruit, protein bar, cottage cheese, Greek Yogurt, or other healthy suggested snack, PopChips, cheese sticks, jerky
- **Dinner:** Dining out (see guidelines for dining out), or sub for a recipe on the site.

## EXAMPLE WEEKLY MEAL PLAN #2

Here's a look at a meal plan where you prep the lunches for an entire week on Sunday. The idea here is to double or triple a recipe, cooking your Choice of Carb and Choice of Veggie to include with the main meal, and separate these daily meals in containers for an easy grab-and-go lunch.

You'll also notice in this example week that you're eating the leftovers from one dinner the next night. This is to show that you don't have to be cooking every single night, and can instead make recipes for dinner (as well as lunches) that have enough servings to last multiple meals (or in this case, multiple dinners). This is an ideal scenario for busy people or families that can't (or don't want to) be cooking every single meal.

### Sunday

- **Fruit Snack:** Apple, Banana, Grapefruit, Berries (or other; choose from list)
- **Lunch:** Healthy Takeout or choose from one of our **Quick Meals/Any Other Meal**
- **Snack:** fruit, protein bar, cottage cheese, Greek Yogurt, or other healthy suggested snack, PopChips, cheese sticks, jerky
- **Dinner:** Sweet & Spicy Turkey Burger
  - Make enough to eat this for dinner today and lunches each day this week. Also prep your choice of carb and veggie to

### Monday

- **Fruit Snack:** Choice of Fruit (choose from list)
- **Lunch:** [Leftover] Sweet & Spicy Turkey Burger + Choice of Carb + Choice of Veggie
- **Snack:** fruit, protein bar, cottage cheese, Greek Yogurt, or **other healthy suggested snack**, PopChips, cheese sticks.
- **Dinner:** Crockpot Thai Chicken Curry Chili + Choice of Carb + Choice of Veggie

### Tuesday

- **Fruit Snack:** Apple, Banana, Grapefruit, Berries (or other; choose from list)
- **Lunch:** [Leftover] Sweet & Spicy Turkey Burger + Choice of Carb + Choice of Veggie
- **Snack:** fruit, protein bar, cottage cheese, Greek Yogurt, or other healthy suggested snack, PopChips, cheese sticks, jerky
- **Dinner:** [Leftover] Crockpot Thai Chicken Curry Chili + Choice of Carb + Choice of Veggie

### Wednesday

- **Fruit Snack:** Apple, Banana, Grapefruit, Berries (or other; choose from list)
- **Lunch:** [Leftover] Sweet & Spicy Turkey Burger + Choice of Carb + Choice of Veggie
- **Snack:** fruit, protein bar, cottage cheese, Greek Yogurt, or other healthy suggested snack, PopChips, cheese sticks, jerky
- **Dinner:** Four Cheese Turkey Lasagna + Choice of Veggie

### Thursday

- **Fruit Snack:** Apple, Banana, Grapefruit, Berries (or other; choose from list)
- **Lunch:** [Leftover] Sweet & Spicy Turkey Burger + Choice of Carb + Choice of Veggie
- **Snack:** fruit, protein bar, cottage cheese, Greek Yogurt, or other healthy suggested snack, PopChips, cheese sticks, jerky
- **Dinner:** [Leftover] Four Cheese Turkey Lasagna + Choice of Veggie

### Friday

- **Fruit Snack:** Apple, Banana, Grapefruit, Berries (or other; choose from list)
- **Lunch:** [Leftover] Sweet & Spicy Turkey Burger + Choice of Carb + Choice of Veggie
- **Snack:** fruit, protein bar, cottage cheese, Greek Yogurt, or other healthy suggested snack, PopChips, cheese sticks, jerky
- **Dinner:** Healthy Takeout or choose from one of our **Quick Meals/Any Other Meal**

### Saturday

- **Fruit Snack:** Apple, Banana, Grapefruit, Berries (or other; choose from list)
- **Lunch:** Healthy Takeout or choose from one of our **Quick Meals/Any Other Meal**
- **Snack:** fruit, protein bar, cottage cheese, Greek Yogurt, or other healthy suggested snack, PopChips, cheese sticks, jerky
- **Dinner:** Dining out (see guidelines for dining out), or sub for a recipe on the site.