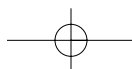


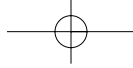
SEVEN DAY WEDDING MEAL PLAN

Everyday morning start your day with the Water Method listed in Chapter 2. Wait at least thirty minutes, then eat breakfast. Remember to keep a daily food diary. It is extremely important to monitor your daily caloric intake. Also keep in mind that these calorie counts are for “cooked” foods. The brown rice, for example, refers to a cup of cooked brown rice, rather than the uncooked, which would expand to much more than one cup when cooked.

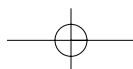
Day 1

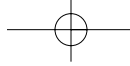
Meal 1 (cereal and milk)	Protein	Carbohydrates	Fat	Calories
1½ cup low calorie breakfast cereal	7.35	28.05	.15	147
1 cup 2% low fat milk	8.13	11.7	4.68	121
1 multivitamin				
1 calcium/mag				
Total calories				268
Total calories %	23	59	16	
Meal 2 (yogurt and fruit)	Protein	Carbohydrates	Fat	Calories
1 cup of strawberries	.88	10.2	.53	49
6 oz. low fat yogurt	9.0	12.75	3.0	112
Total calories				161
Total calories %	24	56	19	



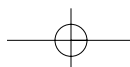


Meal 3 (tuna pocket)	Protein	Carbohydrates	Fat	Calories
1 whole wheat pita bread	4.4	24.8	1.16	120
3 oz. tuna fish in water	22.7	0	2.09	116
1 tbs. low calorie mayonnaise	.05	2.5	3.0	36
1 apple	.4	32.2	.76	137
1 multivitamin				
1 calcium				
Total calories				409
Total calories %	26	58	15	
Meal 4 (Peanut Butter Paradise Smoothie)	Protein	Carbohydrates	Fat	Calories
8 oz. vanilla soymilk	7.0	18.0	5.	150
1/2 tbs. peanut butter	2.25	1.5	4	47
1 banana	1.17	26.8	.55	116
1 scoop Gotein protein	12	2.0	0	55
Total calories				369
Total calories %	24	52	23	



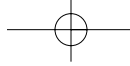


Meal 5 (chicken and brown rice with veggies)	Protein	Carbohydrates	Fat	Calories
1½ cup long grain brown rice	7.56	67.5	2.64	324
4 oz. grilled chicken breast	34.32	0	3.95	180
1 cup broccoli	4.65	7.89	55	43
2 tbs. low calorie Italian dressing	0	2	4	44
1 antioxidant				
Total calories				592
Total calories %	31	52	16	
Grand total calories				1800

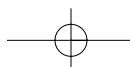


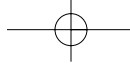
Day 2

Meal 1 (egg and whole grain toast)	Protein	Carbohydrates	Fat	Calories
3 egg whites	12.3	1.21	0	54
1 whole egg	6.25	.61	5	72
2 slices whole wheat bread	5.16	26.8	2.32	147
1 tbs. jelly	0	12	0	48
1 multivitamin				
1 cal/mag				
Total calories				322
Total calories %	29	50	20	
Meal 2 (Strawberry Fields Smoothie)	Protein	Carbohydrates	Fat	Calories
8 oz. apple juice	.15	.29	.27	116
1 cup strawberries	.88	10.2	.53	49
1/4 cup low fat vanilla yogurt	6.03	8.54	2.01	75
1/2 banana	.59	13.4	.27	58
2 tsp. flaxseed oil	0	0	9.08	80
1 scoop Gotein protein	12.0	2.0	0	55
Total calories				434
Total calories %	18	58	25	

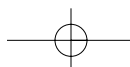


Meal 3 (turkey sandwich)	Protein	Carbohydrates	Fat	Calories
3 oz. fresh turkey breast	16.05	.32	4.34	104
2 slices whole grain bread	5.16	26.8	2.32	147
1 tbs. mustard	.13	1.16	2.31	24
1 orange	1.23	15.5	.16	68
1 multivitamin				
1 cal/mag				
Total calories				345
Total calories %	26	50	23	
Meal 4 (chicken burrito)	Protein	Carbohydrates	Fat	Calories
1 corn tortilla	1.71	14	.75	66
1 cup brown rice	2.52	22.5	.88	108
2 oz. chicken breast	18.48	0	2.13	97
Total calories				271
Total calories %	33	53	12	





Meal 5 (pasta with turkey meatballs)	Protein	Carbohydrates	Fat	Calories
1 cup spinach	5.35	6.75	0	48
2 oz. tomato sauce marinara	.76	4.08	.1	20
1 cup pasta cooked	8.35	49.75	1.17	246
3 oz. ground turkey	17.6	0	.8	80
1 tsp. olive oil	0	0	4.7	43
1 antioxidant				
Total calories				437
Total calories %	29	55	13	
Grand total calories				1811

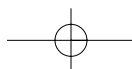


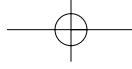
Day 3

Meal 1 (strawberry granola fruit parfait)	Protein	Carbohydrates	Fat	Calories
1/2 cup blueberries	.49	10.2	.28	40
1/2 cup strawberries	.44	5.1	.27	24
3 oz. low fat granola	2.9	19.1	4.9	126
6 oz. plain low fat yogurt	13.5	19.13	4.5	168
1 multivitamin				
1 cal/mag				
Total calories				359
Total calories %	19	59	24	
Meal 2 (Brazilian Rain smoothie)	Protein	Carbohydrates	Fat	Calories
1/2 cup orange juice	.87	12.9	.25	55
1/2 cup pineapple juice	.4	17.3	.1	70
1/2 mango diced (fresh or frozen)	.53	17.6	.28	75
2 scoops Gotein protein	24	4	0	110
Total calories				390
Total calories %	26	53	22	



Meal 3 (chicken & broccoli)	Protein	Carbohydrates	Fat	Calories
1 cup broccoli	4.65	7.89	.55	43
1 tbs. low-cal French dressing	0	2.1	2.5	31
1 cup brown rice	5.04	45	1.76	216
2 oz. grilled chicken breast	18.48	0	2.13	97
1 multivitamin				
1 cal/mag				
Total calories				388
Total calories %	29	56	16	
Meal 4 (protein drink)	Protein	Carbohydrates	Fat	Calories
8 oz. vanilla soy milk	7	18	5.0	150
1 banana	1.17	26.8	.55	116
1 scoop Gotein protein	12	2	0	55
Total calories				321
Total calories %	25	58	12	

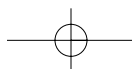


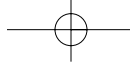


Meal 5 (turkey meatloaf and brown rice)	Protein	Carbohydrates	Fat	Calories
1 cup broccoli	4.65	7.89	.55	43
1 cup brown rice	5.04	45	1.76	216
2 oz. turkey meat loaf	11.0	0	.5	50
1 tsp butter	.04	0	3.83	34
1 antioxidant				
Total calories				344
Total calories %	24	61	17	
Grand total calories				1804

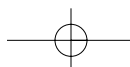
Day 4

Meal 1 (whole grain cereal with soy milk)	Protein	Carbohydrates	Fat	Calories
1 cup whole grain cereal	4.79	21.98	2.03	124
1 cup vanilla soy milk	7	18	5	150
1 multivitamin				
1 cal/mag				
Total calories				274
Total calories %	17	58	23	



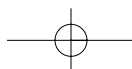


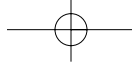
Meal 2 (rice cakes and peanut butter)	Protein	Carbohydrates	Fat	Calories
3 rice cakes (any flavor)	4.2	43.8	1.8	210
1 tbs. peanut butter	4.5	3	8	95
1 scoop Gotein protein mixed w/ 8oz. of water	12.0	2	0	55
Total calories				360
Total calories %	23	54	24	
Meal 3 (tuna sandwich on whole wheat bread)	Protein	Carbohydrates	Fat	Calories
2 slices of whole wheat bread	5.16	26.8	2.32	147
3 oz. tuna fish in water	22.7	0	2.09	116
1 tbs. low fat mayonnaise	.05	2.5	3	36
1 orange	1.23	15.5	.16	68
1 multivitamin				
1 cal/mag				
Total calories				367
Total calories %	31	48	18	





Meal 4 (Cleanser Smoothie)	Protein	Carbohydrates	Fat	Calories
4 oz. cranberry juice	0	18.2	.13	72
4 oz. water	0	0	0	0
1/2 banana	.59	13.4	.27	58
1/2 cup blueberries	.49	10.2	.28	40
1/2 cup strawberries	.44	5.1	.27	24
1/4 cup low fat vanilla yogurt	2.7	3.83	.9	33
1 tsp. flaxseed oil	0	0	4.54	40
2 scoops Gotein protein	24	4	0	110
Total calories				379
Total calories %	29	57	15	
Meal 5 (turkey and roasted peppers wrap)	Protein	Carbohydrates	Fat	Calories
1 corn tortilla	1.71	14	.75	66
4 oz. ground turkey	22	0	1.0	100
2 oz. roasted peppers	1	7.6	.2	32
3 tbs. onion	1.23	9.15	0	40
1 tsp. olive oil	0	0	4.7	43
1 apple	.4	32.2	.76	137
1 antioxidant				

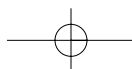




Meal 5 (continued)	Protein	Carbohydrates	Fat	Calories
Total calories				419
Total calories %	25	55	20	
Grand total calories				1800

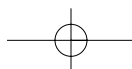
Day 5

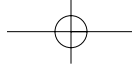
Meal 1 (bagel and eggs)	Protein	Carbohydrates	Fat	Calories
1 whole wheat bagel (scooped out)	5.88	30.4	.82	143
2 tbs. low fat cream cheese	3.18	2.1	5.28	69
3 egg whites	9.84	.96	0	43
1 multivitamin				
1 cal/mag				
Total calories				255
Total calories %	29	52	21	





Meal 2 (Berry Blend)	Protein	Carbohydrates	Fat	Calories
12 oz. vanilla soy milk	10.5	27	7.5	225
1/2 cup blueberries	.49	10.2	.28	40
1/2 cup raspberries	.56	7.05	.34	33
1 tbs. honey	.03	8.7	0	32
1 scoop Gotein protein	12	2	0	55
Total calories				386
Total calories %	24	56	18	
Meal 3 (chicken salad with seven grain bread)	Protein	Carbohydrates	Fat	Calories
2 slices whole grain bread	5.16	26.8	2.32	147
2 oz. shredded chicken	18.48	0	2.13	97
1 tbs. low cal. mayonnaise	.05	2.5	3	36
1 multivitamin				
1 cal/mag				
Total calories				371
Total calories %	27	53	19	





Meal 4 (The American Smoothie)	Protein	Carbohydrates	Fat	Calories
12 oz. organic nonfat milk	12.5	17.9	.66	128
1 tbs. peanut butter	4.5	3	8	95
1 banana	1.17	26.8	.55	116
3 tbs. oatmeal or rolled oats	2.5	9	1	50
1 scoop Gotein protein	12	2	0	55
Total calories				444
Total calories %	29	52	20	
Meal 5 (pasta and shrimp)	Protein	Carbohydrates	Fat	Calories
1 cup spinach	5.35	6.75	0	48
1 cup pasta cooked any kind	6.68	39.8	.94	197
2 oz. shrimp	11.5	.85	1	56
1 tsp olive oil	0	0	4.7	43
1 antioxidant				
Total calories				345
Total calories %	27	54	19	
Grand total calories				1803

