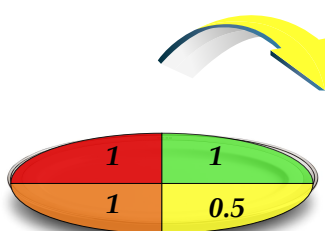




Nutrition plan: 1.0

Carb Detox/ Fat Mobilization Phase day 1-7

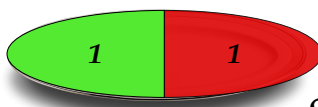
Breakfast



Shake 1

8 Fl Oz
Water + 1
Scoop of
Protein

Lunch



Shake 2

8 Fl Oz
Water + 1
Scoop of
Protein

Dinner



Protein Source (1.5 Palm)

- 6 oz of Chicken Breast (skinless)
- 6 Egg Whites
- 1.5 Cups 0% Cottage Cheese
- 6 oz of Venison
- 1.5 Scoops Protein Powder
- 6 oz of 99% Lean Turkey Breast
- 1.25 Cups Egg Whites
- 1.5 Cups of 0% Greek Yogurt
- 6 oz of 96/4 Ground Beef
- 6 oz of Any White Fish
- 6 oz of Any Shellfish
- 1.5 Can Tuna

Fatty Protein Source (1.5 Palm)

- 6 oz of Ground Chicken
- 6 oz of Lean Ground turkey 93/7
- 6 oz of Salmon
- 6 oz of Pork Tenderloin
- 6 oz of Chicken Liver
- 6 oz of Roasted Chicken Thigh No Skin | w/ Bone
- 6oz of Top Round/Bottom Round
- 2 Large Whole Eggs+4 Egg Whites
- 6oz of Herring
- 6oz of Trout
- 1.5 Cups 2% Greek yogurt
- 1.5 Cups 1% Cottage Cheese
- 6 oz of Ground Beef 93/7
- 6 oz of Canadian Bacon

Fat (TB)

- 2 TB Peanut Butter
- 1.5 TB Coconut Oil
- 1/2 of Medium Avocado
- 2 TB Almond Butter
- 1.5 TB Any Cooking Oil (not Vegetable or Corn Oil)
- 4 Coffee Creamers (4 TB)
- 2 TB Quality Butter
- 1.5 TB Olive Oil
- 1/4 Cup Any Nuts
- 1.5 oz Gruyeres or Swiss Cheese
- 6 Tbsp of Parmesan Cheese
- 2 oz of Goat Cheese

Veggies (Fist)

-Any Vegetable

Stick with Green and Leafy Veggies

Optional Add-ons for Flavor:

<input type="checkbox"/> Mustard	<input type="checkbox"/> Any Hot Sauces
<input type="checkbox"/> Soy Sauce	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Any 0 Calorie Sweetener	<input type="checkbox"/> Cinammon
<input type="checkbox"/> Any dry spices	<input type="checkbox"/> 1/2 c. of Veggie Broth
<input type="checkbox"/> Any dry rubs for meat	<input type="checkbox"/> Garlic
<input type="checkbox"/> Lemon juice	<input type="checkbox"/> Ginger
<input type="checkbox"/> Balsamic vinegar	<input type="checkbox"/> Fresh Herbs
<input type="checkbox"/> Salt/pepper	<input type="checkbox"/> Sugar Free Gum
<input type="checkbox"/> Stevia	

If it is not on this list you cannot have it.