



### Monday – Friday example eating Schedule

This is what I eat Monday – Friday, you can modify yours to fit your preferences, but this is exactly what worked for me.

I've highlighted exactly what foods I eat more often during the week for each meal Mon-Fri.

The smoothie is a HUGE of component of your weight loss success and is easy to box the food you need for it and blend it at work. TRUST ME, it's worth it.

*\*Denotes foods you should consume by itself NOT in addition to other foods for that meal.*

*\*\*Denotes food groups you should pick one of for that meal.*

Breakfast (Pick 3 Max)	Lunch	Dinner	Liquids
Petit Avocado	Super Smoothie*	Quinoa (Any path of Life blends)	Celsius
Bacon (No SUGAR added); Thick cut is good.	**8oz Chicken/4oz Ground Sirloin/2 Italian sausage Links	**8oz Chicken/4oz Ground Sirloin/2 Italian sausage Links	Mio
Eggs (2 Large Brown eggs)	Broccoli/Asparagus/Baked Brussels	Broccoli/Asparagus/Baked Brussels	Water (min 64 oz a day)
Oatmeal Bread (Pepperidge farms)	Baby Spinach, ANY Sugar Free, low sodium dressings and a Protein.	Baby Spinach, ANY Sugar Free, low sodium dressings and a Protein.	X
Blueberries	X	Ahi Tuna	X
Steel Oats	X	X	X
Super Smoothie*	X	X	X

#### Super Smoothie Recipe:

- 1 Kiwi
- 2 Cups (2 handfuls) of baby kale
- 1 Orange Navel
- Isopure Protein Powder (I prefer banana flavored for this smoothie)
- Blender

**Step 1:** Spoon-out Kiwi and Peel Orange Navel; toss into the blender

**Step 2:** Grab 2 handfuls of baby Kale; toss into the blender

**Step 3:** At 4-6 oz of cold water

**Step 4:** Blend for 10-15 seconds

**Step 5:** Add 1 scoop of Isopure Protein powder and blend again for 1 min/until consistency is lighter green in color.

**Step 6:** Enjoy , and Congrats, you're about to eat 65% of your fiber and veggie requirements for the day in 1 delicious smoothie.