

Divine Diamond Fitness & Nutrition Inc.

2 day meal suggestion plan

Day #1

Have one teaspoon apple cider vinegar with water each morning

Meal #1 Breakfast:

1 cups of Oatmeal with sliced grapefruit or ½ cup of berries, walnuts, ground flaxseed

2 egg whites

1 cup of Green tea plus (1) 16oz water drink all before lunch

11:30 add second bottle

****2 water bottles Before meal #2 if possible

Herbalife shake can be consumed in place of oatmeal.. Ask Me how!!

Snack #1 : Handful of almonds or cashews (trail mix)

Meal #2-Lunch **Smoothie** (or green salad no meat)

½ green apple

1 celery stick

¼ cucumber

½ avocado

1 kiwi, peeled

1 cup spinach

2 mint leaves (optional)

1 cup purified water

Meal #3 : dinner

veggie burger (morning star is a good option) or made fresh partner with 1 serving of asparagus

****Medium Romaine or spinach , grape tomatoes ,green /red/yellow pepper , sprinkle with oregano , 2-3 tablespoons Dressing vinaigrette balsamic or squeeze lemon juice or salad with olive oil. Grapeseed oil is a great replacement for olive oil. Chopped tomatoes or grape tomatoes.

If you are still hungry have veggies with hummus sliced apple ½

Please no meals after 9pm

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Day #2

Meal #1 Breakfast- Green avocado smoothie or herbalife protein shake

1 cup kale or spinach (feel free to mix the two)
½ cup sliced cucumber
½ avocado
1 whole lime
1 stalk of celery
½ teaspoon cinnamon powder (optional)
1 teaspoon organic raw honey or agave
½ cup purified 1 grated ginger (knob /quarter size)
coconut water or purified water ½ cup ice

***One cup of green tea. Drink separate from smoothie

OPTIONAL: Green tea + Water Apple

Snack #2: Homemade Trail mix no candy mix or Orange(cutie oranges size) with cashews.

Meal # 2 : lunch

½ cup or Quinoa or brown rice add Giardiniera peppers served with Vegetables. Asparagus , or Brussels sprouts. Turkey burger baked or on grill (no bread) on lettuce wrap.

Meal #3

Small veggie salad add cucumbers , cranberries, sunflowers 1 teaspoons of blue cheese crumbles, olive oil, squeeze lemons, black pepper, 2 teaspoon of giardiniera pepper mild or hot
