



## GUIDELINES:

- \*DON'T start off making excuses! "I can't do that" or "I don't WANT to eat that" this is a diet that CAN change your life.
- \*You are going to have to make sacrifices AND changes. Because obviously what you have been doing so far hasn't worked.
- \*Don't try to OUTSMART the system! Just eat what is on the list, NOTHING else.

\*Don't make the mistake of "just having one bite" of something bad. This will only make you want another AND another... You are better off NOT even tasting something, that way you won't crave it.

\*Absolutely NO drinking! This is going to change your life, I think you can go without drinking for six weeks.

\*Do NOT use catsup or bbq sauce! There are CALORIE FREE choices from Walden Farms that are ok. Plus Chalula sauce is great on everything

\*ABSOLUTELY NO regular soda. Diet soda and crystal light are ok.

\*Check all labels avoid sugar.

\*NO SNACKING!!! You eat every 2 ½-3 hours not necessary to snack in between.

\*If craving something sweet you may eat sugar free jello or put fat free cool whip in the freezer and have 2 tablespoons 1 serving- 15 calories (it gets hard and feels like you are eating ice cream) try to limit however because the calories can add up

\*Do NOT add salt to your meals. Season w/ Mrs. Dash

\*Avoid marinades when preparing your chicken (most contain sugar) instead use BRAGGS'. It's a soy sauce substitute that contains low sodium, but also has amino acids. It can make food taste salty, so don't overdo it.

\*You can switch out breakfast meals for lunch if you choose to. Or if you don't have chicken cooked for the day or it is still frozen. Breakfast meal #3 is great to go.

\*You need to start taking a fat burner. PhysIQ Fat Burn is the best one that I found.

\*You should also buy protein shakes. This will help you get the required protein needed, plus it will cut the cost of food in half. You can eat meal, shake, meal, shake all day. Plus it will be easy to bring to work or on the run.

\*Also it is important to take a multi-vitamin. Because you are limiting your caloric intake, you may not be getting the proper amount of vitamins and minerals needed. There is also fruits n' greens to take. It comes in a powdered form w/no sugar, but each scoop contains 40 different fruits and 40 different vegetables which works out to be 5-9 servings.

\*You can substitute fish for the chicken in your meals tuna or salmon are good choices.

\*You can have SIRLOIN or FLANK STEAK one night a week.

\*One night a week you can have "Healthy Taco" night. I like Wednesdays. By simply using ALL fat free ingredients and EXTRA lean ground turkey. Be sure to read the labels, make sure to get the turkey w/ .5grams of fat per serving NOT 12 or 8grams! Make sure to limit to 2-3 tacos. You are still dieting, do NOT go hog wild. Use the whole wheat soft taco shells. Eat broccoli or asparagus to ensure that you feel satisfied.

\*Avoid eating fruit. Fruit has SUGAR. Natural sugar is STILL sugar.

\*If you happen NOT to have food prepared one day, and you are out of shakes, and out and about (like stuck at work) there are a few things that you can eat while out:

1. From a chinese restaurant you can order STEAMED CHICKEN AND BROCCOLI DOUBLE CHICKEN TWO DOLLARS NO SAUCE. Make sure you order it just like that. Almost all take out chinese restaurants have similar menus, NO duck sauce. You can use hot mustard and hot sauce.

2. From Chik-Fil-A, KFC, or Wendys you can order PLAIN GRILLED CHICKEN SANDWICH. DON'T eat the bun.

3. You can now get SWEET POTATOES at Arbys. Make sure you order them PLAIN.

4. If you go out to eat at a restaurant, you can order grilled chicken or sirloin steak w/ NO butter or oil. And steamed broccoli. That's it!!! Plus if you order a 12oz sirloin, only eat half of it.

\*Each breakfast and lunch meal consists of protein AND carbohydrates. You may substitute the SOAP bar for oatmeal if you choose

\*When making your protein shakes, you can put them in the blender with a few ice cubes and some PB2. Also use UNSWEETENED almond milk and water. Skim milk is kind of ok to use, but it contains 14g of sugar per serving. If you do use it, only use in the early part of the day, NOT for your final meal. Water only. Do NOT add fruit to your shakes. All you really need for your shake is 6oz of water and a shaker cup.

\*Don't be misled to believe that if you constantly eat all day, you will gain weight. You are eating VERY clean meals and the caloric intake is extremely low. Eating throughout the day will increase your metabolism, thus you will burn more fat.

\*\*\*You can have 1 cheat MEAL a week! Not ALL day and try to make it early in the day. DON'T go overboard. The longer you go without a cheat meal, the faster you will see results.\*\*\*

**\*Make a weekly chart with a countdown of days you plan to stay on track, this way you only focus on one week at a time. Cross off each day before you go to bed each night. Plus you can write motivational things on chart, leave it on refrigerator to remind you to eat healthy each time you go into fridge.**

\*REMEMBER this is a **LIFE CHANGING** journey. It will be tough. It can be easy if you let it. Just stick to the script and you WILL see results. When you begin to see results, it will motivate you to continue to diet. And even diet harder. Take pictures of yourself each week to see your progress. Because you see yourself everyday, you will NOT notice the changes as much without the pictures.

## **SYSTEM**

- \* It is important to follow this system exactly.
- \* All of the guess work has been done for you.
- \* One of the most important things you can do to ensure your success is the preparing of your food.
- \* You want to make sure your food for the next day is cooked and portioned out in the fridge before you go to bed.
- \* This is the most important step because if you are running late, and miss a meal, it is much easier just to say forget it and eat whatever.
- \* The secret is to NOT let yourself get too hungry, because then you are more likely to cheat.
- \* I suggest you make food for the next 3 days, and label them w/ sticky notes in the fridge.
- \* You can even make different stacks of the same food. i.e.- Chicken w/sweet potato, Chicken w/ veggies, Las w/ veggies, or Chicken w/ SOAP bar.
- \* Then when you go to pack your lunch, you know exactly what each meal is w/out having to open every container.
- \* I like to pack my lunch for the next day the night before.
- \* I go as far as to right out on a sticky note: Meal 2, Meal 3, Meal 4 etc.
- \* Be sure you have enough meals to last as long as you will be out for the day.

\* I usually bring enough for the whole day, just in case something comes up and I don't make it home when first expected.

## SHOPPING LIST

- 5 large sweet potatoes
- 3 bags frozen skinless chicken tenderloins
- 2 bags fat free mozzarella cheese
- 2 large heads of broccoli
- (makes about 4 meals per bunch)
- 2 large packages fresh asparagus
- 1 package extra lean ground turkey
- 1 large container old fashioned oats
- 1 large container of fat free cottage cheese
- 1 can seasoned low sodium collard greens
- 1 box whole wheat lasagna shells
- 1 package of jennie-o breakfast turkey sausage links
- 1 jar marinara sauce
- 1 extra large container of eggs
- 1 box splenda packets
- 1 bag granulated splenda
- 1 can non-stick cooking spray
- 1 bottle fat free butter spray
- 1 bottle of pour out Braggs
- Spices- mrs dash, cinnamon, onion powder, garlic powder, fresh minced garlic in water
- Sauces- Chalula, Walden Farms calorie free: bbq sauce, blueberry pancake syrup, regular pancake syrup, chocolate sauce
- Tupper Wear- glad entrée containers. At least ten
- Tinfoil

## FROM SPECIALTY STORE

- PB2
- Blueberry Walden Farms Syrup

## MEAL PLAN

### BREAKFAST CHOICES:

Meal 1: 4 egg whites, 2 whole eggs, ½ cup oatmeal w/ 1 serving PB2 and splenda

Calories	Total Fat	Sat. Fat	Sodium	Total Carbs	Fiber	Sugar	Protein
419	14g	3.5g	454mg	34g	6g	1g	40g

Meal 2: 4

egg whites + ½ cup oatmeal in blender w/ 3 splenda. Blend for 5-8 seconds, pour into hot pan like pancake. Cook 2 additional whole eggs. Use fat free butter spray, calorie FREE syrup from Walden Farms.

Calories	Total Fat	Sat. Fat	Sodium	Total Carbs	Fiber	Sugar	Protein
374	12.5g	3.5g	360mg	29g	4g	0g	35g

Meal 3: 4

egg whites, 2 whole eggs, ½ cup oatmeal w/ splenda. Combine all ingredients as one meal for quick and easy meal on the run if needed.

\*Cook only with non-stick fat free spray, (NO OIL or butter)

\*I prefer to cook my whole eggs over medium so the yoke breaks, the yoke taste gives the meals a lot of flavor

Calories	Total Fat	Sat. Fat	Sodium	Total Carbs	Fiber	Sugar	Protein
374	12.5g	3.5g	360mg	29g	4g	0g	35g

### LUNCH CHOICES:

Meal 1: 6oz grilled chicken, ½ large sweet potato, 1 cup steamed broccoli or asparagus.

Calories	Total Fat	Sat. Fat	Sodium	Total Carbs	Fiber	Sugar	Protein
399	2.25g	0g	451mg	53g	13g	15g	42.5g

Meal 2: 6oz grilled chicken, 1 serving S.O.A.P. Bar, 1 cup steamed broccoli or asparagus.

Calories	Total Fat	Sat. Fat	Sodium	Total Carbs	Fiber	Sugar	Protein
419.5	5.41g	38g	606mg	47g	13g	9g	48g

Meal 3: 1 serving healthy lasagna, 1 cup steamed broccoli or asparagus

Calories	Total Fat	Sat. Fat	Sodium	Total Carbs	Fiber	Sugar	Protein
412.25	4.75g	g	mg	38g	g	g	57.5g

### EVENING CHOICES: after 6pm

Meal 1: 6oz grilled chicken, 1 cup broccoli or asparagus.

Calories	Total Fat	Sat. Fat	Sodium	Total Carbs	Fiber	Sugar	Protein
219	2.25g	0g	379mg	12g	6g	2g	38.5g



Meal 2: 4 egg whites, 2 whole eggs, 1 cup broccoli or asparagus.

\*I will usually combine eggs or chicken w/ broccoli and make a “broccoli bowl”

Calories	Total Fat	Saturated Fat	Sodium	Total Carbs	Fiber	Sugar	Protein
278	10g	3g	424mg	14g	6g	2g	34g

FINAL MEAL CHOICES: after 9pm

Meal 1: 6oz grilled chicken.

Calories	Total Fat	Saturated Fat	Sodium	Total Carbs	Fiber	Sugar	Protein
165	2.25g	0g	315mg	0g	0g	0g	34.5g

Meal 2: 4 egg whites, 2 whole eggs.

Calories	Total Fat	Saturated Fat	Sodium	Total Carbs	Fiber	Sugar	Protein
224	10g	3g	360mg	2g	0g	0g	30g

Meal 3: protein shake

Calories	Total Fat	Saturated Fat	Sodium	Total Carbs	Fiber	Sugar	Protein
153	1g	0g	90mg	2g	1g	0g	34g

## WOMAN's BREAKFAST CHOICES:

Meal 1: 2 egg whites, 1/2 cup oatmeal w/ 1 serving of PB2 and splenda

Calories	Total Fat	Sat. Fat	Sodium	Total Carbs.	Fiber	Sugar	Protein
227	4g	.5g	204mg	32g	6g	1g	18g

Meal

2: 4 egg whites + 1/2 cup oatmeal in blender w/ 3 splenda. Blend for 5-8 seconds, pour into hot pan like pancake. Use fat free butter spray, calorie FREE syrup from Walden Farms.

Calories	Total Fat	Sat. Fat	Sodium	Total Carbs.	Fiber	Sugar	Protein
214	2.5g	.5g	220mg	27g	4g	0g	21g

Meal 3: 2

egg whites, 1 whole eggs, 1/2 cup oatmeal w/ splenda. Combine all ingredients as one meal for quick and easy meal on the run if needed.

\*Cook only with non-stick fat free spray, (NO OIL or butter)

\*I prefer to cook my whole eggs over medium so the yoke breaks, the yoke taste gives the meals a lot of flavor

Calories	Total Fat	Sat. Fat	Sodium	Total Carbs.	Fiber	Sugar	Protein
246	7.5g	2g	125mg	28g	4g	0g	16g

## WOMAN's LUNCH CHOICES:

Meal 1: 4oz grilled chicken, 1/2 large sweet potato, 1 cup steamed broccoli or asparagus.

Calories	Total Fat	Sat. Fat	Sodium	Total Carbs.	Fiber	Sugar	Protein
344	1.5g	0g	346mg	53g	13g	15g	31g

Meal 2: 4oz grilled chicken, 1 serving S.O.A.P. Bar, 1 cup steamed broccoli or asparagus.

Calorie s	Total Fat	Sat. Fat	Sodiu m	Total Carbs.	Fibe r	Suga r	Protei n
364	4.5g	.388g	501mg	47g	13g	9g	37g

Meal 3: 1 small serving healthy lasagna, 1 cup steamed broccoli or asparagus

Calorie s	Total Fat	Sat. Fat	Sodiu m	Total Carbs.	Fibe r	Suga r	Protei n
292	3g	0+g	64+mg	29g	6+g	2+g	39g

### **WOMAN's EVENING CHOICES: after 6pm**

Meal 1: 4oz grilled chicken, 1 cup broccoli or asparagus.

Calorie s	Total Fat	Sat. Fat	Sodiu m	Total Carbs.	Fibe r	Suga r	Protei n
164	1.5g	0g	274mg	12g	6g	2g	27g

Meal 2: 4 egg whites, 1 whole egg, 1 cup broccoli or asparagus.

Calorie s	Total Fat	Sat. Fat	Sodiu m	Total Carbs.	Fibe r	Suga r	Protei n
150	5g	1.5g	189mg	13g	6g	2g	15g

### **WOMAN's FINAL MEAL CHOICES: after 9pm**

Meal 1: 4oz grilled chicken.

Calorie s	Total Fat	Sat. Fat	Sodiu m	Total Carbs.	Fibe r	Suga r	Protei n
110	1.5g	0g	210mg	0g	0g	0g	23g

Meal 2: 4 egg whites, 1 whole egg.

Calorie s	Total Fat	Sat. Fat	Sodiu m	Total Carbs.	Fibe r	Suga r	Protei n
144	5g	1.5g	290mg	1g	0g	0g	23g

## Meal 3: protein shake

Calories	Total Fat	Sat. Fat	Sodium	Total Carbs.	Fiber	Sugar	Protein
153	1g	0g	90mg	2g	1g	0g	34g

Monday	Tuesday	Wednesday	Thursday
Breakfast Meal 1 eggs/oatmeal/ PB2	Breakfast Meal 2 eggs/pancake	Breakfast Meal 3 egg/oatmeal bowl	Breakfast Meal 1 eggs/oatmeal/ PB2
Shake	Shake	Shake	Shake
Lunch Meal 2 chicken/SOAP bar/broccoli	Lunch Meal 3 lasagna/ broccoli	Lunch Meal 1 chicken/ sweetpotato/ broccoli	Lunch Meal 3 lasagna/ broccoli
Shake	Shake	Shake	Shake
Evening Meal 1 chicken/ broccoli bowl	Evening Meal 2 egg/ broccoli bowl	HEALTHY TACO NIGHT	Evening Meal 1 chicken/ broccoli bowl
Final Meal 2 eggs	Final Meal 1 chicken	Final Meal 3 shake	Final Meal 2 eggs

## SAMPLE MENU WEEK LOW CARB

Friday	Saturday	Sunday
Breakfast Meal 2 eggs/pancake	Breakfast Meal 1 eggs/oatmeal/ PB2	Breakfast Meal 2 eggs/pancake
Shake	Shake	Shake
Lunch Meal 2 chicken/SOAP bar/broccoli	Lunch Meal 1 chicken/ sweet potato/ broccoli	Lunch Meal 2 chicken/ SOAPbar/ broccoli
Shake	Shake	Shake
STEAK NIGHT w/broccoli or asparagus	Evening Meal 2 egg/broccoli bowl	Evening Meal 1 chicken/ broccoli bowl
Final Meal 3 shake	Final Meal 1 chicken	Final Meal 2 eggs

## SAMPLE MENU WEEK MODERATE

Monday	Tuesday	Wednesday	Thursday
Breakfast Meal 1 eggs/oatmeal/ PB2	Breakfast Meal 2 eggs/pancake	Breakfast Meal 3 egg/ oatmeal bowl	Breakfast Meal 1 eggs/oatmeal/ PB2
Shake	Shake	Shake	Shake
Lunch Meal 2 chicken/SOAP bar/broccoli	Lunch Meal 3 lasagna/ broccoli	Lunch Meal 1 chicken/sweet potato/broccoli	Lunch Meal 3 lasagna/ broccoli
Shake	Lunch Meal 2 chicken/SOAP bar/broccoli	Shake	Lunch Meal 1 chicken/sweet potato/broccoli
Lunch Meal 1 chicken/sweet potato/broccoli	Evening Meal 1 chicken/ broccoli bowl	HEALTHY TACO NIGHT	Shake
Final Meal 2 eggs	Final Meal 3 shake	Final Meal 3 shake	Final Meal 2 eggs

Friday	Saturday	Sunday
Breakfast Meal 2 eggs/pancake	Breakfast Meal 1 eggs/oatmeal/ PB2	Breakfast Meal 2 eggs/pancake
Shake	Shake	Shake
Lunch Meal 2 chicken/SOAP bar/broccoli	Lunch Meal 1 chicken/ sweet potato/ broccoli	Lunch Meal 2 chicken/ SOAP bar/ broccoli
Shake	Lunch Meal 3 lasagna/ broccoli	Lunch Meal 3 lasagna/ broccoli
STEAK NIGHT w/broccoli or asparagus	Evening Meal 2 egg/broccoli bowl	Shake
Final Meal 3 shake	Final Meal 1 chicken	Final Meal 2 eggs

## SAMPLE MENU WEEK 3- YOUR CHOICE

Monday	Tuesday	Wednesday	Thursday
Breakfast Meal your choice	Breakfast Meal your choice	Breakfast Meal your choice	Breakfast Meal your choice
Shake	Shake	Shake	Shake
Lunch Meal your choice	Lunch Meal your choice	Lunch Meal your choice	Lunch Meal your choice
Lunch Meal your choice	Shake	Lunch Meal your choice	Shake
Evening Meal your choice	Evening Meal your choice	HEALTHY TACO NIGHT	Evening Meal your choice
Final Meal your choice	Final Meal your choice	Final Meal your choice	Final Meal your choice

Friday	Saturday	Sunday
Breakfast Meal your choice	Breakfast Meal your choice	Breakfast Meal your choice
Shake	Shake	Shake
Lunch Meal your choice	Lunch Meal your choice	Lunch Meal your choice
Shake	Shake	Lunch Meal your choice
STEAK NIGHT w/broccoli or asparagus	Evening Meal your choice	Shake
Final Meal your choice	Final Meal your choice	Final Meal your choice

## SAMPLE MENU WEEK HIGH CARB

Monday	Tuesday	Wednesday	Thursday
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Breakfast Meal 1 eggs/oatmeal/ PB2	Breakfast Meal 2 eggs/pancake	Breakfast Meal 3 egg/oatmeal bowl	Breakfast Meal 1 eggs/oatmeal/ PB2
Lunch Meal 1 chicken/sweet potato/broccoli	Lunch Meal 2 chicken/SOAP bar/broccoli	Lunch Meal 2 chicken/SOAP bar/broccoli	Lunch Meal 1 chicken/sweet potato/broccoli
Lunch Meal 1 chicken/sweet potato/broccoli	Lunch Meal 1 chicken/sweet potato/broccoli	Lunch Meal 2 chicken/SOAP bar/broccoli	Lunch Meal 1 chicken/sweet potato/broccoli
Lunch Meal 1 chicken/sweet potato/broccoli	Lunch Meal 2 chicken/SOAP bar/broccoli	Lunch Meal 1 chicken/sweet potato/broccoli	Lunch Meal 1 chicken/sweet potato/broccoli
Evening Meal 1 chicken/ broccoli bowl	Evening Meal 2 egg/broccoli bowl	HEALTHY TACO NIGHT	Evening Meal 1 chicken/ broccoli bowl
Final Meal 2 eggs	Final Meal 1 chicken	Final Meal 2 egg	Final Meal 1 chicken

<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Breakfast Meal 2 eggs/ pancake	Breakfast Meal 3 eggs/ oatmeal bowl	Breakfast Meal 2 eggs/ pancake
Lunch Meal 2 chicken/ SOAP bar/ broccoli	Lunch Meal 1 chicken/ sweet potato/ broccoli	Lunch Meal 2 chicken/ SOAP bar/ broccoli
Lunch Meal 1 chicken/sweet potato/ broccoli	Lunch Meal 2 chicken/ SOAP bar/ broccoli	Lunch Meal 1 chicken/ sweet potato/ broccoli
Lunch Meal 1 chicken/ sweet potato/ broccoli	Lunch Meal 2 chicken/ SOAP bar/ broccoli	Lunch Meal 1 chicken/ sweet potato/ broccoli
STEAK NIGHT w/broccoli or asparagus	Evening Meal 2 egg/ broccoli bowl	Evening Meal 1 chicken/ broccoli bowl
Final Meal 2 eggs	Final Meal 1 chicken	Final Meal 2 eggs

## SAMPLE DAY

7am Breakfast  
10am Shake  
1pm Lunch  
4pm Snack  
7pm Evening Meal  
10pm Final Meal

## YOUR MEALS

### \* OATMEAL PANCAKE-

Pour ½ cup old fashioned oats into blender  
Add 4 egg whites blend for 5-8 seconds  
for 5-8 seconds pour into hot pan flip when brown

### \* GRILLED CHICKEN or SIRLOIN STEAK-

Pierce meat with fork  
marinate in Bragg's and lemon juice,  
add garlic and onion powder and mix in some fresh garlic  
in sautee pan that has been sprayed w/non stick spray  
also a little bit of Bragg's and fresh garlic  
(careful not to get the pan too hot or the Bragg's will burn)  
sautee until no pink left in chicken, flipping as needed



\* FLANK STEAK-

Pierce meat with fork

marinate in Braggs and lemon juice,

add garlic and onion powder and mix in some fresh garlic

(to both sides) place in oven-safe pan on top shelf about 5 inches from broiler broil for 5 minutes on each side

\* BROCCOLI-

Cut broccoli at top of bushels place in pot w/about two inches of water add some Braggs, fresh garlic, onion and garlic powder cover on stove when water starts to boil, broccoli should be about done (careful not to over-cook broccoli, you will boil out all nutrients)

\* ASPARAGUS-

cut off any purple or white ends of asparagus cut asparagus in half warm large sautee pan (med-high temp), spray w/ non-stick spray also add fresh garlic, lemon juice, and braggs place asparagus in pan, sprinkle w/garlic and onion powder and spray butter continue to turn until slightly darkened add small amount of water to keep braggs from burning

\* SWEET POTATO-

score potato w/knife wrap in tin foil place in oven safe pan bake @425 for two hours or until soft

**RECIPIES:**  
**S.O.A.P BAR**  
 (Sweetpotato Oatmeal And Peanutbutter)  
**INGREDIENTS:**

- 2 large sweet potatoes
- 2 cups oatmeal
- 2 cups water
- 1 cup granulated splenda
- 1 egg
- 18 tablespoons PB2 (9 servings) – 1 1/8 cups  
or 1.125 cups
- 2 tablespoons cinnamon -1/8 cup or .125 cups
- 6-8 packets truvia

**DIRECTIONS:**

Wrap sweet potatoes in tin foil, bake @ 425 for 2 hours.  
 In large bowl, mix ALL ingredients (sweet potatoes, uncooked oatmeal, water, splenda, egg, PB2, and cPour into lasagna pan, dust w/ truvia, bake uncovered @ 400 for 20 minutes.  
 Makes 9 servings

	Calories	Total Fat	Sat Fat	Sodium	Total Carbs	Fiber	Sugar	Protein
Total	1805	28.5g	3.5g	.2050 mg	318g	62g	61g	88g

Per Ser (2 pieces)	200	3g	.38g	227 mg	35g	6.8g	6.7g	9.7 g
Per Ser (1 piece)	100	1.5g	.19g	113 mg	17g	3.4g	3.35 g	4.8 g

## **HEALTHY LASAGNA**

### **INGREDIENTS:**

- 1 package extra lean ground turkey
- 1 large tub fat free cottage cheese
- 2 packages fat free mozzarella cheese
- 1 jar healthy choice marinara sauce
- 1 whole egg
- 1 egg white
- 6 pieces turkey sausage links
- 1 can seasoned low sodium collard greens
- 6 pieces whole wheat lasagna shells

### **DIRECTIONS:**

- Boil lasagna shells.
- Brown turkey sausage.
- Chop sausage into small pieces.
- Brown turkey in sautee pan, add sausage and sauce, let simmer.
- Mix together cottage cheese, 1 package mozzarella cheese, eggs.
- Pour small amount of sauce and meat mixture into pan, spread evenly.
- Lay three lasagna shells into pan.
- Spoon half of cottage cheese mixture onto lasagna, spread.
- Spoon half of remaining sauce onto cheese mixture.
- Drain collards spread onto sauce layer.

Repeat layering remaining shells, cheese, and meat sauce.  
 Pour remaining package of mozzarella cheese on top, spread evenly.  
 Cover with tin foil. Bake @ 425 for 40 minutes.  
 Remove tin foil, broil for additional 10 minutes or until cheese is golden brown.  
 Makes 8 servings

	Calories	Total Fat	Sat. Fat	Sodium	Total Carbs	Fiber	Sugar	Protein
Total	2866	38g	+g	+mg	205g	+g	+g	428g
Per 8	358.25	4.75g	+g	+mg	25.5g	+g	+g	53.5g
Per 12	238	3g	+g	+mg	17g	+g	+g	35g

## NUTRITION FACTS: FROZEN CHICKEN

Serving Size	Calories	Total Fat	Sat. Fat	Sodium	Total Carbs.	Fiber	Sugar	Protein
6oz	165	2.25g	0g	315mg	0g	0g	0g	34.5g

Serving Size	Calories	Total Fat	Sat. Fat	Sodium	Total Carbs.	Fiber	Sugar	Protein
4oz	110	1.5g	0g	210mg	0g	0g	0g	23g

## FRESH CHICKEN

Serving Size	Calories	Total Fat	Sat. Fat	Sodium	Total Carbs.	Fiber	Sugar	Protein
6oz	180	0g	0g	135mg	1.5g	0g	0g	40.5g

Serving Size	Calories	Total Fat	Sat. Fat	Sodium	Total Carbs.	Fiber	Sugar	Protein
4oz	120	0g	0g	90mg	1g	0g	0g	27g

## WHOLE EGG

Serving Size	Calories	Total Fat	Sat. Fat	Sodium	Total Carbs.	Fiber	Sugar	Protein
1	80	5g	1.5g	70mg	1g	0g	0g	7g

## EGG WHITE

Serving Size	Calories	Total Fat	Sat. Fat	Sodium	Total Carbs.	Fiber	Sugar	Protein
1	16	0g	0g	55mg	0g	0g	0g	4g

## WORKOUTS

There are several exercises that you can do from home 2-3 times a week for 20 minutes that can greatly increase your results.

- PUSH UPS**(chest and triceps)- Do 3 sets of as many as you can until you work your way up to 3 sets of 50. You may do the push ups from your knees at first, until you are able to do them normally.
- HOLLOW HOLDS**(abs)- Do 3 sets of 20-25sec and work your way up to 3 sets of 60sec.
- ASSISTED SQUATS**(legs)- Hold on to a doorknob and proceed to squat until your thighs are parallel to the ground. Then stand back up straight. That is 1. Do as many of these as you can in 3 sets.

## WITH WORKOUT BANDS

- STANDING CURLS**(arms)- Stand with feet about shoulder width apart with bands under your feet while

holding the handles palms facing inward. Proceed to curl one arm at a time, while twisting your thumb outward. You should squeeze once you get your arm to the top position. Try to keep your elbows fixed at your sides. While one arm curls up the other stays straight, as you lower the first arm, raise the other curl the next. Do 3 sets of 20 curls (each arm).



**FRONT AND SIDE RAISES** (shoulders)- Stand with feet about shoulder width apart with bands under your feet while holding the handles palms facing inward. Simultaneously raise one arm straight out in front of you while the other goes out to the side. Palms will be facing the ground when you are doing the exercise. Keep your arms straight. If the resistance is too much, shorten the distance your feet are spread. You can do 3 sets of 20 on these as well.