

DAY 1

- Meal 1 Scrambled eggs and oatmeal
- Meal 2 Protein Shake.
- Meal 3 Green salad with chicken and black beans
- Meal 4 Berries and Yogurt
- Meal 5 Tilapia and Sweet Potato with Broccoli.
- Meal 6 Protein Ice cream with strawberries

DAY 2

- Meal 1 Breakfast burrito /eggs and whole wheat tortilla.
- Meal 2 Protein Shake
- Meal 3 Grilled chicken and rice with cucumber
- Meal 4 Yogurt and Cottage Cheese
- Meal 5 Salmon with russet potato and asparagus
- Meal 6 1 ounce almonds

DAY 3

- Meal 1 Scrambled eggs/ whole wheat toast.
- Meal 2 Protein Shake
- Meal 3 Grilled chicken with sweet potato fries and broccoli
- Meal 4 Cottage cheese and bananas
- Meal 5 Chocolate protein pudding
- Meal 6 Steak with green salad and brown rice

DAY 4

- Meal 1 Body for Life Low calorie pancakes
- Meal 2 Protein Shake
- Meal 3 Can of tuna with whole wheat tortilla
- Meal 4 Greek yogurt and Berries
- Meal 5 Whole wheat pasta noodles with meatballs and tomato sauce.
- Meal 6 Cottage cheese with tomatoes, black beans, and taco seasoning

DAY 5

- Meal 1 Hard boiled egg salad sandwich
- Meal 2 Protein Shake
- Meal 3 Brown rice and chicken
- Meal 4 Yogurt and cottage cheese
- Meal 5 Protein bar
- Meal 6 Chicken fajitas with whole wheat tortilla, chicken, peppers, and onions.

DAY 6

- Meal 1 Egg white omelet with oatmeal
- Meal 2 Protein Shake
- Meal 3 Grilled chicken soup with barley
- Meal 4 Apple and Cottage cheese
- Meal 5 Lean Pork, brown rice and asparagus
- Meal 6 Body for Life Cheesecake

DAY 7

FREE DAY

BODY FOR LIFE 7 DAY MEAL PLAN