

**EXERCISE & FITNESS DIET PART I  
(BEGINNERS)**

	SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Breakfast</b>	2 egg whites ½ cup oatmeal 3 slices turkey bacon	2 egg whites ½ cup oatmeal 3 slices turkey bacon	2 egg whites ½ cup oatmeal 3 slices turkey bacon	3 egg whites wheat toast w/thin coat of all natural jelly 3 slices turkey bacon	2 egg whites ½ cup grits 3 slices turkey bacon	2 egg whites ½ cup grits 3 slices turkey bacon	3 egg whites wheat toast w/thin coat of all natural jelly 3 slices turkey bacon
<b>Mid AM</b>	1 large apple	5 big strawberries or 1 banana	5 cherries or 1 pear or 1 banana	1 large apple	1 cup grapes	1 banana	1 large apple
<b>LUNCH</b>	6oz chicken breast 1 cup string beans 1 med sweet potato	1/2 cup white rice Some green and red pepper 1 cup steamed shrimp ½ sweet potato	6oz salmon 1 med sweet potato ½ cup broccoli	½ cup black eyed peas 1 cup Caesar salad 1 med sweet potato	6oz chicken breast 1 sweet potato ½ cup spinach	1 tilapia ½ cup white rice 1 cup Swiss chard or spinach	6oz chicken breast 1 sweet potato ½ cup mixed veggies
<b>Mid PM</b>	protein shake	protein shake	protein shake	protein shake	protein shake	protein shake	protein shake
<b>Dinner</b>	1 tilapia 1 cup mixed veggies	½ chicken breast 1 cup mixed veggies	6oz trout ½ cup beans	6oz sea bass 1 cup mixed veggies	1 whiting fish 1 cup cabbage	6oz chicken breast 1 cup mixed veggies	1 tilapia 1 cup broccoli

**NOTE:** When cooking, use Pam olive oil cooking spray on non-stick pans. Do not add butter or other condiments. Also, it is ok to sauté veggies, fish and chicken breast using olive oil. It is ok to add onions, garlic, basil, oregano, black pepper but no salt. If you must have some salt, use Morton Lite Salt in the light blue container. Otherwise, do not use salt. Salt retains fluid in the tissue and raises the blood pressure. The protein shake should be strictly protein; no added fats, sugar or carbs.

**THIS DIET IS DESIGNED TO INCREASE YOUR METABOLISM & CHANGE THE WAY THE BODY DIGESTS HEALTHY FOOD AND BURNS FAT. FOLLOW THIS DIET AT YOUR OWN RISK.**