

Valencia's 14 Week Meal Plan

Day 1/3-21	Day 2/3-22	Day 3/3-23	Day 4/3-24
<p><u>Breakfast</u></p> <ul style="list-style-type: none"> • Egg whites with spinach and slice of toast or oatmeal (Honey) and a protein shake • 1 bottle of water <p><u>Midmorning Snack</u></p> <ul style="list-style-type: none"> • Sharp Cheddar 4-6 count and Cashews Hand full • Bottle water <p><u>Lunch</u></p> <ul style="list-style-type: none"> • Grilled chicken breast, steamed vegetables and ½ cup brown rice • Small bag of sliced apples • Bottle of water <p><u>Mid afternoon snack</u></p> <ul style="list-style-type: none"> • 6oz protein shake • Bottle water <p><u>Dinner</u></p> <ul style="list-style-type: none"> • Baked Salmon • 1 cup Steamed vegetables • ½ Sweet Potato • Bottle water 	<p><u>Breakfast</u></p> <ul style="list-style-type: none"> • ½ Cup oatmeal (Honey) • Protein shake • Half banana • Bottle water <p><u>Midmorning Snack</u></p> <ul style="list-style-type: none"> • Protein shake • Bottle water <p><u>Lunch</u></p> <ul style="list-style-type: none"> • Tilapia or grilled chicken breast • ½ Sweet Potato (dry) • Bottle water <p><u>Mid afternoon snack</u></p> <ul style="list-style-type: none"> • 4 count celery sticks (Light Peanut Butter) • Bottle water <p><u>Dinner</u></p> <ul style="list-style-type: none"> • Deli Slice Turkey Breast or grilled chicken breast • Steamed Broccoli • ½ Brown Rice • Bottle of water 	<p><u>Breakfast</u></p> <ul style="list-style-type: none"> • ½ Cup Oatmeal / w your choice of berries or (Honey) • Protein Shake • Bottle of water <p><u>Midmorning Snack</u></p> <ul style="list-style-type: none"> • 1 Cup fat free yogurt • Bottle water <p><u>Lunch</u></p> <ul style="list-style-type: none"> • Tilapia or grilled chicken • ½ Sweet Potato • Steamed vegetables <p><u>Mid afternoon Snack</u></p> <ul style="list-style-type: none"> • 6oz Protein shake • 1 Bottle water <p><u>Dinner</u></p> <ul style="list-style-type: none"> • Baked Salmon • Steamed Vegetables • Brown Rice • 1 Bottle of water 	<p>Note: As the intensity of the meal plan increases so should your physical activity</p> <p><u>Breakfast</u></p> <ul style="list-style-type: none"> • Oatmeal (Light cinnamon) or 2-3 egg whites, 1 slice peanut butter toast or regular toast. • 1 bottle of water <p><u>Midmorning Snack</u></p> <ul style="list-style-type: none"> • Small Bag sliced apples <p><u>Lunch</u></p> <ul style="list-style-type: none"> • Baked Fish • Steamed vegetables • ½ cup brown rice • Bottle water <p><u>Mid afternoon Snack</u></p> <ul style="list-style-type: none"> • 6oz protein shake • Bottle water <p><u>Dinner</u></p> <ul style="list-style-type: none"> • Steak • Fresh asparagus or something green • ½ or small sweet potato • Bottle water

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Day 5/3-25	Day 6/3-26	Day 7/3-27	Day 8/3-28
<u>Breakfast</u> <ul style="list-style-type: none"> • Protein Shake • 1 cup dry cheerios • ½ grapefruit • Bottle water <u>Midmorning Snack</u> <ul style="list-style-type: none"> • Small bag sliced apples peanut butter (optional) • Bottle water <u>Lunch</u> <ul style="list-style-type: none"> • Baked Tilapia • Fresh veggies • Bottle water <u>Mid afternoon snack</u> <ul style="list-style-type: none"> • Protein shake <u>Dinner</u> <ul style="list-style-type: none"> • Grilled Chicken • Spinach • ½ Rice 	<u>Breakfast</u> <ul style="list-style-type: none"> • Egg whites w/ spinach • ½ banana • Bottle water <u>Midmorning Snack</u> <ul style="list-style-type: none"> • Small bag sliced apples • 1 bottle of water <u>Lunch</u> <ul style="list-style-type: none"> • Protein shake • Bottle water <u>Mid afternoon snack</u> <ul style="list-style-type: none"> • Protein shake • Bottle water <u>Dinner</u> <ul style="list-style-type: none"> • Baked salmon • ½ sweet potato • Side salad with fruit (crunchy is preferred) no creamy dressing • Bottle water 	<u>Breakfast</u> <ul style="list-style-type: none"> • Cheat Meal • • <u>Midmorning Snack</u> <ul style="list-style-type: none"> • • <u>Lunch</u> <ul style="list-style-type: none"> • Cheat Meal • • <u>Mid afternoon snack</u> <ul style="list-style-type: none"> • • <u>Dinner</u> <ul style="list-style-type: none"> • Cheat Meal • • <u>Late snack</u> <ul style="list-style-type: none"> • 	<u>Breakfast</u> <ul style="list-style-type: none"> • ½ cup Oatmeal (Honey) or 1 cup dry cheerios • Half banana • 1 bottle of water <u>Midmorning Snack</u> <ul style="list-style-type: none"> • 6oz protein shake • Bottle water <u>Lunch</u> <ul style="list-style-type: none"> • Crunchy salad (no creamy dressing) • Bottle water <u>Mid afternoon Snack</u> <ul style="list-style-type: none"> • ½ cup light yogurt • Bottle water <u>Dinner</u> <ul style="list-style-type: none"> • Grilled chicken • 1 cup steamed vegetable • 1 cup Brown Rice • Bottle water

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Day 9/3-29	Day 10/3-30	Day 11/3-31	Day 12/4-1
<p><u>Breakfast</u></p> <ul style="list-style-type: none"> • Protein shake • Bottle Water <p><u>Mid morning Snack</u></p> <ul style="list-style-type: none"> • Grape fruit / fresh fruit • Sharp Cheddar 4-6 count and Cashews Hand full • Bottle water <p><u>Lunch</u></p> <ul style="list-style-type: none"> • Baked fish • Steamed vegetables • Bottle water <p><u>Mid afternoon snack</u></p> <ul style="list-style-type: none"> • 6oz Protein shake • Bottle water <p><u>Dinner</u></p> <ul style="list-style-type: none"> • Deli Sliced Turkey Breast • ½ sweet potato • Steamed green Beans • 1 bottle of water 	<p><u>Breakfast</u></p> <ul style="list-style-type: none"> • Oatmeal (light cinnamon) and a 6 oz Protein shake • Bottle water <p><u>Midmorning Snack</u></p> <ul style="list-style-type: none"> • 1 cup light yogurt • ¼ cup almonds • or Granola <p><u>Lunch</u></p> <ul style="list-style-type: none"> • Grilled chicken Salad w/ Balsamic vinaigrette dressing or homemade • Bottle water <p><u>Mid afternoon Snack</u></p> <ul style="list-style-type: none"> • Protein shake • Bottle water <p><u>Dinner</u></p> <ul style="list-style-type: none"> • 6oz Grilled Chicken breast • Broccoli • ½ cup brown rice • Bottle water 	<p><u>Breakfast</u></p> <ul style="list-style-type: none"> • Oatmeal (light cinnamon) • Protein shake • ½ Grape fruit • Bottle water <p><u>Midmorning (optional)</u></p> <ul style="list-style-type: none"> • Small bag sliced apples • Bottle water <p><u>Lunch</u></p> <ul style="list-style-type: none"> • Protein Shake • Bottle water • ½ grape fruit <p><u>Mid afternoon Snack</u></p> <ul style="list-style-type: none"> • Light yogurt • ¼ granola <p><u>Dinner</u></p> <p>Note: Before dinner drink a full bottle of water</p> <ul style="list-style-type: none"> • Baked Tilapia • Broccoli • ½ Brown Rice 	<p><u>Breakfast</u></p> <ul style="list-style-type: none"> • 2-3 Boiled eggs • Oatmeal (Honey) • 1 bottle of water <p><u>Midmorning Snack</u></p> <ul style="list-style-type: none"> • Protein Shake • Bottle water <p><u>Lunch</u></p> <ul style="list-style-type: none"> • Chicken Breast • Steamed vegetables • Bottle water <p><u>Mid afternoon Snack</u></p> <ul style="list-style-type: none"> • Light yogurt <p><u>Dinner</u></p> <ul style="list-style-type: none"> • Baked Tilapia • Side salad (crunchy is preferred) no creamy dressing • Bottle water

Valencia's 14 Week Meal Plan

Day 13/4-2	Day 14/4-3		
<p><u>Breakfast</u></p> <ul style="list-style-type: none"> • ½ Cup oatmeal (light cinnamon)(honey) • Protein shake • Bottle water <p><u>Midmorning Snack</u></p> <ul style="list-style-type: none"> • 2 Boiled eggs (no yoke) • 1 bottle of water <p><u>Lunch</u></p> <ul style="list-style-type: none"> • Baked tilapia • Sweet potato • Steamed vegetables • 1 bottle water <p><u>Mid afternoon snack</u></p> <ul style="list-style-type: none"> • Protein shake • Bottle water <p><u>Dinner</u></p> <ul style="list-style-type: none"> • Baked Tilapia • Steamed Broccoli • ½ Cup brown Rice • Bottle water 	<p><u>Breakfast</u></p> <ul style="list-style-type: none"> • Protein Shake • Bottle Water <p><u>Midmorning Snack</u></p> <ul style="list-style-type: none"> • Light yogurt • Bottle water <p><u>Lunch</u></p> <ul style="list-style-type: none"> • Grilled chicken • Steamed broccoli • ½ cup brown rice • Bottle water <p><u>Mid afternoon snack</u></p> <ul style="list-style-type: none"> • Protein Shake • Bottle water <p><u>Dinner</u></p> <ul style="list-style-type: none"> • Baked Tilapia • Side salad (crunchy is preferred) no creamy dressing • Bottle water 		