

# 3 DAY DAMAGE CONTROL DIET PLAN

*FOR SIMPLICITY, FOLLOW THE SAME MENU FOR ALL THREE DAYS!*

UPON WAKING	8 oz glass of water
BREAKFAST	5-6 oz container Greek Yogurt (any flavor—140 cal or less) 1/2 cup fresh berries
LUNCH	4 oz rotisserie chicken 4 oz roasted sweet potatoes 1 cup steamed fresh green beans
AFTERNOON SNACK (CHOOSE 1)	1 scoop Shakeology (mixed with 1 cup unsweetened vanilla almond milk & ice) -OR- Green Smoothie (blend 1 c. almond milk, 1 c. fresh baby spinach, 1/3 c. frozen blueberries, 1/2 banana)
DINNER	4 oz baked fish (salmon, cod, tilapia, etc.) 1 cup steamed zucchini 1 square 85% dark chocolate (60 calories or less)
EVENING SNACK	1 cup baby carrots 2 Tbsp. hummus

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## SHOPPING LIST

FRUIT	<p>Fresh berries (need 1-1/2 cups total, blueberries, raspberries, blackberries, etc.)</p> <p>**Frozen blueberries (1 cup total)</p> <p>**Bananas (2)</p>
VEGGIES	<p>Baby carrots (3 cups total)</p> <p>Green beans (3 cups total)</p> <p>Sweet potatoes (2 medium—12 oz total)</p> <p>Zucchini (2 large—3 cups total)</p> <p>**Baby spinach (3 cups)</p>
DAIRY/ REFRIGERATED	<p>Almond milk, 1 quart unsweetened vanilla</p> <p>Greek Yogurt, 3 containers (5-6oz any flavor, 140 calories or less)</p> <p>Hummus (1 small container)</p>
DRY GOODS	<p>85% dark chocolate, 1 bar</p> <p>Shakeology (any flavor)</p>
MEAT/FISH	<p>Rotisserie chicken, 1</p> <p>Fish Fillets (3 pieces 4-oz, salmon, cod, tilapia, etc.)</p>

\*\*If not using Shakeology