

## Muscle Building Fat Shredding Plan

**Day 1**

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	165	227 grams Chobani Greek Plain Yogurt			
		83	1 cups BLUEBERRY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1/4 cups OATS, STEEL CUT (OATMEAL)			
		56	4 fl oz 100% Egg Whites			
		40	1/4 cups 4 MEXICAN CHEESE, SHREDDED, REDUCED FAT			
<b>Meal Totals:</b>		<b>Calories: 494</b>	<b>Carbs: 63g (49%)</b>	<b>Protein: 51g (40%)</b>	<b>Fat: 6g (11%)</b>	<b>Fluid: 25oz</b>
Snack	10:00 AM	35	1 tablespoons ATHLETIC GREENS			
		240	2 scoop "ON" Optimum Nutrition protein powder			
<b>Meal Totals:</b>		<b>Calories: 275</b>	<b>Carbs: 11g (16%)</b>	<b>Protein: 52g (77%)</b>	<b>Fat: 2g (7%)</b>	<b>Fluid: 0oz</b>
Lunch	12:00 PM	393	<b>ASIAN SALMON WITH RICE AND VEG (1 Servings)</b>			
			16 serving Asparagus ( 1 Spear )			
			2 cups Brown Rice (cooked, Long Grain)			
			3 cups Broth, Chicken, 99% Fat Free			
			1/8 teaspoons Black Pepper, Ground			
			1/2 tablespoons Cottonseed-sesame Oil, Seasoned			
			1 serving Garlic Raw Cloves (3)			
			1 tablespoons Brown Sugar			
			1 tablespoons I.b. Fit - Soy Sauce, (kikkoman), Less Sodium			
			1 tablespoons Brown Rice Vinegar			
			1 tablespoons Olive Oil			
			1 pounds Atlantic Salmon			
<b>Meal Totals:</b>		<b>Calories: 393</b>	<b>Carbs: 29g (29%)</b>	<b>Protein: 34g (34%)</b>	<b>Fat: 16g (36%)</b>	<b>Fluid: 6oz</b>
Snack	3:00 PM	210	2 tablespoons Adams All Natural Crunchy Peanut Butter			
		240	2 scoop "ON" Optimum Nutrition protein powder			
		38	32 1/2 grams 1/2 Organic Banana			
<b>Meal Totals:</b>		<b>Calories: 488</b>	<b>Carbs: 22g (19%)</b>	<b>Protein: 55g (47%)</b>	<b>Fat: 18g (34%)</b>	<b>Fluid: 0oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		30	1 cups Green veggies			
		197	<b>SANTA MARIA CHICKEN (1.5 Servings)</b>			
			2 tablespoons Garlic Powder			
			2 tablespoons Black Pepper, Ground			
			2 tablespoons Kosher Salt			
			3 pounds Breast, Without Skin, Raw (chicken)			
<b>Meal Totals:</b>		<b>Calories: 227</b>	<b>Carbs: 7g (11%)</b>	<b>Protein: 41g (62%)</b>	<b>Fat: 8g (27%)</b>	<b>Fluid: 16oz</b>
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		70	1/2 cups Halo Top Ice Cream			
		225	<b>OMELETTE (1 Servings)</b>			
			9 tablespoons Egg Alternative, Egg Whites			
			1 egg Egg, Chicken, Whole, Scrambled			
			1 tablespoons 4 Mexican Cheese, Shredded			
			1/8 cups Tomato, Raw			
			1/8 cups Onion, Raw			
			1/2 cups Spinach, Baby			
			1/8 cups Green Pepper, Sweet, Raw (bell)			

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## Muscle Building Fat Shredding Plan

**Day 1**

Day 1						
Meal Label	Meal Time	Calories	Meal Items			
	Meal Totals:	Calories: 295	Carbs: 18g (23%)	Protein: 31g (40%)	Fat: 13g (37%)	Fluid: 12oz
	Day 1 Totals:	Calories: 2172	Carbs: 150g (27%)	Protein: 264g (48%)	Fat: 63g (26%)	Fluid: 59oz

## Muscle Building Fat Shredding Plan

**Day 2**

Day 2						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	165	227 grams Chobani Greek Plain Yogurt			
		83	1 cups BLUEBERRY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1/4 cups OATS, STEEL CUT (OATMEAL)			
		56	4 fl oz 100% Egg Whites			
		40	1/4 cups 4 MEXICAN CHEESE, SHREDDED, REDUCED FAT			
<b>Meal Totals:</b>		<b>Calories: 494</b>	<b>Carbs: 63g (49%)</b>	<b>Protein: 51g (40%)</b>	<b>Fat: 6g (11%)</b>	<b>Fluid: 25oz</b>
Snack	10:00 AM	35	1 tablespoons ATHLETIC GREENS			
		240	2 scoop "ON" Optimum Nutrition protein powder			
<b>Meal Totals:</b>		<b>Calories: 275</b>	<b>Carbs: 11g (16%)</b>	<b>Protein: 52g (77%)</b>	<b>Fat: 2g (7%)</b>	<b>Fluid: 0oz</b>
Lunch	12:00 PM	200	124 grams Multi-Grain Wrap, La Tortilla Factory			
		57	2 tablespoons ORGANIC SOURCREAM   ORGANIC VALLEY			
		200	4 slice TURKEY BREAST, OVEN ROASTED			
		75	1/4 cups BEAN, BLACK, BOILED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		11	1/4 oz AVOCADO, RAW			
10	2 tablespoons SALSA					
<b>Meal Totals:</b>		<b>Calories: 553</b>	<b>Carbs: 63g (40%)</b>	<b>Protein: 66g (42%)</b>	<b>Fat: 13g (18%)</b>	<b>Fluid: 20oz</b>
Snack	3:00 PM	240	2 scoop "ON" Optimum Nutrition protein powder			
		105	1 tablespoons Adams All Natural Crunchy Peanut Butter			
<b>Meal Totals:</b>		<b>Calories: 345</b>	<b>Carbs: 9g (11%)</b>	<b>Protein: 52g (62%)</b>	<b>Fat: 10g (27%)</b>	<b>Fluid: 0oz</b>
Dinner	6:00 PM	16	2 cups LETTUCE, COS OR ROMAINE, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		156	2 tablespoons Caesar Dressing			
		131	<b>SANTA MARIA CHICKEN (1 Servings)</b>			
			2 tablespoons Garlic Powder 2 tablespoons Black Pepper, Ground 2 tablespoons Kosher Salt 3 pounds Breast, Without Skin, Raw (chicken)			
<b>Meal Totals:</b>		<b>Calories: 303</b>	<b>Carbs: 5g (6%)</b>	<b>Protein: 27g (32%)</b>	<b>Fat: 23g (62%)</b>	<b>Fluid: 20oz</b>
Snack	8:00 PM	225	<b>OMELETTE (1 Servings)</b>			
			9 tablespoons Egg Alternative, Egg Whites			
			1 egg Egg, Chicken, Whole, Scrambled			
			1 tablespoons 4 Mexican Cheese, Shredded			
			1/8 cups Tomato, Raw			
			1/8 cups Onion, Raw			
	1/2 cups Spinach, Baby					
	1/8 cups Green Pepper, Sweet, Raw (bell)					
0	8 fl oz WATER, DRINKING WATER, PURIFIED					
<b>Meal Totals:</b>		<b>Calories: 225</b>	<b>Carbs: 6g (11%)</b>	<b>Protein: 24g (46%)</b>	<b>Fat: 10g (43%)</b>	<b>Fluid: 12oz</b>
<b>Day 2 Totals:</b>		<b>Calories: 2195</b>	<b>Carbs: 157g (27%)</b>	<b>Protein: 272g (47%)</b>	<b>Fat: 64g (25%)</b>	<b>Fluid: 77oz</b>

## Muscle Building Fat Shredding Plan

**Day 3**

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	165	227 grams Chobani Greek Plain Yogurt			
		83	1 cups BLUEBERRY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1/4 cups OATS, STEEL CUT (OATMEAL)			
		56	4 fl oz 100% Egg Whites			
		40	1/4 cups 4 MEXICAN CHEESE, SHREDDED, REDUCED FAT			
<b>Meal Totals:</b>		<b>Calories: 494</b>	<b>Carbs: 63g (49%)</b>	<b>Protein: 51g (40%)</b>	<b>Fat: 6g (11%)</b>	<b>Fluid: 25oz</b>
Snack	10:00 AM	35	1 tablespoons ATHLETIC GREENS			
		240	2 scoop "ON" Optimum Nutrition protein powder			
<b>Meal Totals:</b>		<b>Calories: 275</b>	<b>Carbs: 11g (16%)</b>	<b>Protein: 52g (77%)</b>	<b>Fat: 2g (7%)</b>	<b>Fluid: 0oz</b>
Lunch	12:00 PM	131	<b>SANTA MARIA CHICKEN (1 Servings)</b>			
			2 tablespoons Garlic Powder			
			2 tablespoons Black Pepper, Ground			
			2 tablespoons Kosher Salt			
			3 pounds Breast, Without Skin, Raw (chicken)			
		32	2 teaspoons Brown Sugar			
		81	1 tablespoons Earth Balance butter			
		112	4 oz Baked Sweet Potato			
		27	3 oz Approved Veggies			
7	4 leaf LETTUCE, COS OR ROMAINE, RAW					
30	2 tablespoons Sweet Baby Ray's Buffalo Wing Sauce and Glaze					
<b>Meal Totals:</b>		<b>Calories: 420</b>	<b>Carbs: 37g (32%)</b>	<b>Protein: 32g (28%)</b>	<b>Fat: 20g (39%)</b>	<b>Fluid: 2oz</b>
Snack	3:00 PM	240	2 scoop "ON" Optimum Nutrition protein powder			
		210	2 tablespoons Adams All Natural Crunchy Peanut Butter			
<b>Meal Totals:</b>		<b>Calories: 450</b>	<b>Carbs: 12g (11%)</b>	<b>Protein: 55g (51%)</b>	<b>Fat: 18g (38%)</b>	<b>Fluid: 0oz</b>
Dinner	6:00 PM	297	<b>SLOW COOKER SPICY CHUCK ROAST (1.5 Servings)</b>			
			1 teaspoons Garlic Powder			
			2 tablespoons Siracha Sauce (paleochef)			
			1 teaspoons Cayenne Pepper			
			1 teaspoons Chili Powder			
			1 cups Onions, Chopped			
	4 pounds Beef Chuck Roast					
0	8 fl oz WATER, DRINKING WATER, PURIFIED					
<b>Meal Totals:</b>		<b>Calories: 297</b>	<b>Carbs: 2g (3%)</b>	<b>Protein: 51g (72%)</b>	<b>Fat: 8g (25%)</b>	<b>Fluid: 8oz</b>
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		70	1/2 cups Halo Top Ice Cream			
		225	<b>OMELETTE (1 Servings)</b>			
			9 tablespoons Egg Alternative, Egg Whites			
			1 egg Egg, Chicken, Whole, Scrambled			
			1 tablespoons 4 Mexican Cheese, Shredded			
	1/8 cups Tomato, Raw					
	1/8 cups Onion, Raw					
	1/2 cups Spinach, Baby					
	1/8 cups Green Pepper, Sweet, Raw (bell)					

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## Muscle Building Fat Shredding Plan

**Day 3**

Day 3						
Meal Label	Meal Time	Calories	Meal Items			
	Meal Totals:	Calories: 295	Carbs: 18g (23%)	Protein: 31g (40%)	Fat: 13g (37%)	Fluid: 12oz
	Day 3 Totals:	Calories: 2231	Carbs: 143g (25%)	Protein: 272g (48%)	Fat: 67g (27%)	Fluid: 47oz

**Muscle Building Fat Shredding Plan**

**Day 4**

Day 4						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	165	227 grams Chobani Greek Plain Yogurt			
		83	1 cups BLUEBERRY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1/4 cups OATS, STEEL CUT (OATMEAL)			
		56	4 fl oz 100% Egg Whites			
		40	1/4 cups 4 MEXICAN CHEESE, SHREDDED, REDUCED FAT			
<b>Meal Totals:</b>		<b>Calories: 494</b>	<b>Carbs: 63g (49%)</b>	<b>Protein: 51g (40%)</b>	<b>Fat: 6g (11%)</b>	<b>Fluid: 25oz</b>
Snack	10:00 AM	35	1 tablespoons ATHLETIC GREENS			
		240	2 scoop "ON" Optimum Nutrition protein powder			
<b>Meal Totals:</b>		<b>Calories: 275</b>	<b>Carbs: 11g (16%)</b>	<b>Protein: 52g (77%)</b>	<b>Fat: 2g (7%)</b>	<b>Fluid: 0oz</b>
Lunch	12:00 PM	297	<b>SLOW COOKER SPICY CHUCK ROAST (1.5 Servings)</b>			
			1 teaspoons Garlic Powder			
			2 tablespoons Siracha Sauce (paleochef)			
			1 teaspoons Cayenne Pepper			
			1 teaspoons Chili Powder			
		0	1 cups Onions, Chopped			
			4 pounds Beef Chuck Roast			
			8 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 297</b>	<b>Carbs: 2g (3%)</b>	<b>Protein: 51g (72%)</b>	<b>Fat: 8g (25%)</b>	<b>Fluid: 8oz</b>
Snack	3:00 PM	210	2 tablespoons Adams All Natural Crunchy Peanut Butter			
		240	2 scoop "ON" Optimum Nutrition protein powder			
		38	32 1/2 grams 1/2 Organic Banana			
<b>Meal Totals:</b>		<b>Calories: 488</b>	<b>Carbs: 22g (19%)</b>	<b>Protein: 55g (47%)</b>	<b>Fat: 18g (34%)</b>	<b>Fluid: 0oz</b>
Dinner	5:00 PM	393	<b>ASIAN SALMON WITH RICE AND VEG (1 Servings)</b>			
			16 serving Asparagus ( 1 Spear )			
			2 cups Brown Rice (cooked, Long Grain)			
			3 cups Broth, Chicken, 99% Fat Free			
			1/8 teaspoons Black Pepper, Ground			
			1/2 tablespoons Cottonseed-sesame Oil, Seasoned			
			1 serving Garlic Raw Cloves (3)			
			1 tablespoons Brown Sugar			
			1 tablespoons I.b. Fit - Soy Sauce, (kikkoman), Less Sodium			
			1 tablespoons Brown Rice Vinegar			
			1 tablespoons Olive Oil			
			1 pounds Atlantic Salmon			
<b>Meal Totals:</b>		<b>Calories: 393</b>	<b>Carbs: 29g (29%)</b>	<b>Protein: 34g (34%)</b>	<b>Fat: 16g (36%)</b>	<b>Fluid: 6oz</b>
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## Muscle Building Fat Shredding Plan

**Day 4**

Day 4					
Meal Label	Meal Time	Calories	Meal Items		
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED		
		70	1/2 cups Halo Top Ice Cream		
		225	<b>OMELETTE (1 Servings)</b> 9 tablespoons Egg Alternative, Egg Whites 1 egg Egg, Chicken, Whole, Scrambled 1 tablespoons 4 Mexican Cheese, Shredded 1/8 cups Tomato, Raw 1/8 cups Onion, Raw 1/2 cups Spinach, Baby 1/8 cups Green Pepper, Sweet, Raw (bell)		
<b>Meal Totals:</b>	<b>Calories: 295</b>	<b>Carbs: 18g (23%)</b>	<b>Protein: 31g (40%)</b>	<b>Fat: 13g (37%)</b>	<b>Fluid: 12oz</b>
<b>Day 4 Totals:</b>	<b>Calories: 2242</b>	<b>Carbs: 145g (26%)</b>	<b>Protein: 274g (49%)</b>	<b>Fat: 63g (25%)</b>	<b>Fluid: 51oz</b>

## Muscle Building Fat Shredding Plan

**Day 5**

Day 5						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	165	227 grams Chobani Greek Plain Yogurt			
		83	1 cups BLUEBERRY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1/4 cups OATS, STEEL CUT (OATMEAL)			
		56	4 fl oz 100% Egg Whites			
		40	1/4 cups 4 MEXICAN CHEESE, SHREDDED, REDUCED FAT			
<b>Meal Totals:</b>		<b>Calories: 494</b>	<b>Carbs: 63g (49%)</b>	<b>Protein: 51g (40%)</b>	<b>Fat: 6g (11%)</b>	<b>Fluid: 25oz</b>
Snack	10:00 AM	35	1 tablespoons ATHLETIC GREENS			
		240	2 scoop "ON" Optimum Nutrition protein powder			
<b>Meal Totals:</b>		<b>Calories: 275</b>	<b>Carbs: 11g (16%)</b>	<b>Protein: 52g (77%)</b>	<b>Fat: 2g (7%)</b>	<b>Fluid: 0oz</b>
Lunch	12:00 PM	57	2 tablespoons ORGANIC SOURCREAM   ORGANIC VALLEY			
		10	1 oz SALSA, PICO DE GALLO			
		161	100 grams AVOCADO (1/2 medium)			
		100	62 grams Multi-Grain Wrap, La Tortilla Factory			
		12	3 oz TOMATO, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		5	3 leaf LETTUCE, COS OR ROMAINE, RAW			
		198	<b>SLOW COOKER SPICY CHUCK ROAST (1 Servings)</b> 1 teaspoons Garlic Powder 2 tablespoons Siracha Sauce (paleochef) 1 teaspoons Cayenne Pepper 1 teaspoons Chili Powder 1 cups Onions, Chopped 4 pounds Beef Chuck Roast			
<b>Meal Totals:</b>		<b>Calories: 543</b>	<b>Carbs: 37g (25%)</b>	<b>Protein: 46g (31%)</b>	<b>Fat: 29g (44%)</b>	<b>Fluid: 20oz</b>
Snack	3:00 PM	210	2 tablespoons Adams All Natural Crunchy Peanut Butter			
		240	2 scoop "ON" Optimum Nutrition protein powder			
		38	32 1/2 grams 1/2 Organic Banana			
<b>Meal Totals:</b>		<b>Calories: 488</b>	<b>Carbs: 22g (19%)</b>	<b>Protein: 55g (47%)</b>	<b>Fat: 18g (34%)</b>	<b>Fluid: 0oz</b>
Dinner	5:00 PM	176	4 oz 4 oz. Chicken Breast			
		3	1 serving Asparagus ( 1 Spear )			
<b>Meal Totals:</b>		<b>Calories: 179</b>	<b>Carbs: 1g (2%)</b>	<b>Protein: 35g (78%)</b>	<b>Fat: 4g (20%)</b>	<b>Fluid: 0oz</b>
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		70	1/2 cups Halo Top Ice Cream			
		225	<b>OMELETTE (1 Servings)</b> 9 tablespoons Egg Alternative, Egg Whites 1 egg Egg, Chicken, Whole, Scrambled 1 tablespoons 4 Mexican Cheese, Shredded 1/8 cups Tomato, Raw 1/8 cups Onion, Raw 1/2 cups Spinach, Baby 1/8 cups Green Pepper, Sweet, Raw (bell)			
<b>Meal Totals:</b>		<b>Calories: 295</b>	<b>Carbs: 18g (23%)</b>	<b>Protein: 31g (40%)</b>	<b>Fat: 13g (37%)</b>	<b>Fluid: 12oz</b>
<b>Day 5 Totals:</b>		<b>Calories: 2274</b>	<b>Carbs: 152g (26%)</b>	<b>Protein: 270g (46%)</b>	<b>Fat: 72g (28%)</b>	<b>Fluid: 57oz</b>



## Muscle Building Fat Shredding Plan

**Day 6**

Day 6						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	165	227 grams Chobani Greek Plain Yogurt			
		83	1 cups BLUEBERRY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1/4 cups OATS, STEEL CUT (OATMEAL)			
		56	4 fl oz 100% Egg Whites			
		40	1/4 cups 4 MEXICAN CHEESE, SHREDDED, REDUCED FAT			
<b>Meal Totals:</b>		<b>Calories: 494</b>	<b>Carbs: 63g (49%)</b>	<b>Protein: 51g (40%)</b>	<b>Fat: 6g (11%)</b>	<b>Fluid: 25oz</b>
Snack	10:00 AM	35	1 tablespoons ATHLETIC GREENS			
		240	2 scoop "ON" Optimum Nutrition protein powder			
<b>Meal Totals:</b>		<b>Calories: 275</b>	<b>Carbs: 11g (16%)</b>	<b>Protein: 52g (77%)</b>	<b>Fat: 2g (7%)</b>	<b>Fluid: 0oz</b>
Lunch	12:00 PM	57	2 tablespoons ORGANIC SOURCREAM   ORGANIC VALLEY			
		100	62 grams Multi-Grain Wrap, La Tortilla Factory			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		10	2 tablespoons SALSA			
		91	2 oz AVOCADO, RAW			
		176	4 oz 4 oz. Chicken Breast			
<b>Meal Totals:</b>		<b>Calories: 434</b>	<b>Carbs: 29g (24%)</b>	<b>Protein: 45g (37%)</b>	<b>Fat: 21g (39%)</b>	<b>Fluid: 19oz</b>
Snack	3:00 PM	240	2 scoop "ON" Optimum Nutrition protein powder			
		210	2 tablespoons Adams All Natural Crunchy Peanut Butter			
<b>Meal Totals:</b>		<b>Calories: 450</b>	<b>Carbs: 12g (11%)</b>	<b>Protein: 55g (51%)</b>	<b>Fat: 18g (38%)</b>	<b>Fluid: 0oz</b>
Dinner	6:00 PM	0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		406	<b>GLUTEN FREE GRAVY CHICKEN DINNER (1 Servings)</b>			
			8 tablespoons Sour Cream - Light - 5%			
			4 cups Broccoli (sauteed Or Microwaved)			
			2 cups Brown Rice (cooked, Long Grain)			
			1 cups Onions, Chopped			
			100 grams Button Mushrooms (fresh)			
			16 oz 4 Oz. Chicken Breast			
			4 serving Chicken Gravy Mix			
<b>Meal Totals:</b>		<b>Calories: 406</b>	<b>Carbs: 40g (40%)</b>	<b>Protein: 43g (43%)</b>	<b>Fat: 8g (18%)</b>	<b>Fluid: 19oz</b>
Snack	8:00 PM	225	<b>OMELETTE (1 Servings)</b>			
			9 tablespoons Egg Alternative, Egg Whites			
			1 egg Egg, Chicken, Whole, Scrambled			
			1 tablespoons 4 Mexican Cheese, Shredded			
			1/8 cups Tomato, Raw			
			1/8 cups Onion, Raw			
			1/2 cups Spinach, Baby			
			1/8 cups Green Pepper, Sweet, Raw (bell)			
		0	8 fl oz WATER, DRINKING WATER, PURIFIED			
<b>Meal Totals:</b>		<b>Calories: 225</b>	<b>Carbs: 6g (11%)</b>	<b>Protein: 24g (46%)</b>	<b>Fat: 10g (43%)</b>	<b>Fluid: 12oz</b>
<b>Day 6 Totals:</b>		<b>Calories: 2284</b>	<b>Carbs: 161g (28%)</b>	<b>Protein: 270g (47%)</b>	<b>Fat: 65g (25%)</b>	<b>Fluid: 75oz</b>

**Muscle Building Fat Shredding Plan**

**Day 7**

Day 7						
Meal Label	Meal Time	Calories	Meal Items			
Breakfast	7:00 AM	165	227 grams Chobani Greek Plain Yogurt			
		83	1 cups BLUEBERRY, RAW			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		150	1/4 cups OATS, STEEL CUT (OATMEAL)			
		56	4 fl oz 100% Egg Whites			
		40	1/4 cups 4 MEXICAN CHEESE, SHREDDED, REDUCED FAT			
<b>Meal Totals:</b>		<b>Calories: 494</b>	<b>Carbs: 63g (49%)</b>	<b>Protein: 51g (40%)</b>	<b>Fat: 6g (11%)</b>	<b>Fluid: 25oz</b>
Snack	10:00 AM	35	1 tablespoons ATHLETIC GREENS			
		240	2 scoop "ON" Optimum Nutrition protein powder			
<b>Meal Totals:</b>		<b>Calories: 275</b>	<b>Carbs: 11g (16%)</b>	<b>Protein: 52g (77%)</b>	<b>Fat: 2g (7%)</b>	<b>Fluid: 0oz</b>
Lunch	12:00 PM	406	<b>GLUTEN FREE GRAVY CHICKEN DINNER (1 Servings)</b>			
			8 tablespoons Sour Cream - Light - 5%			
			4 cups Broccoli (sauteed Or Microwaved)			
			2 cups Brown Rice (cooked, Long Grain)			
			1 cups Onions, Chopped			
			100 grams Button Mushrooms (fresh)			
			16 oz 4 Oz. Chicken Breast			
			4 serving Chicken Gravy Mix			
<b>Meal Totals:</b>		<b>Calories: 406</b>	<b>Carbs: 40g (40%)</b>	<b>Protein: 43g (43%)</b>	<b>Fat: 8g (18%)</b>	<b>Fluid: 3oz</b>
Snack	3:00 PM	240	2 scoop "ON" Optimum Nutrition protein powder			
		210	2 tablespoons Adams All Natural Crunchy Peanut Butter			
<b>Meal Totals:</b>		<b>Calories: 450</b>	<b>Carbs: 12g (11%)</b>	<b>Protein: 55g (51%)</b>	<b>Fat: 18g (38%)</b>	<b>Fluid: 0oz</b>
Dinner	6:00 PM	24	1 cups Green Veggie, Steamed (zucchini, spinach, kale, asparagus)			
		185	6 oz SALMON, ATLANTIC, WILD, BAKED OR BROILED			
		0	16 fl oz WATER, DRINKING WATER, PURIFIED			
		8	2 tablespoons I.B. Fit - Soy Sauce, (Kikkoman), Less Sodium			
<b>Meal Totals:</b>		<b>Calories: 217</b>	<b>Carbs: 7g (13%)</b>	<b>Protein: 27g (52%)</b>	<b>Fat: 8g (35%)</b>	<b>Fluid: 19oz</b>
Snack	8:00 PM	0	8 fl oz WATER, DRINKING WATER, PURIFIED			
		70	1/2 cups Halo Top Ice Cream			
		225	<b>OMELETTE (1 Servings)</b>			
			9 tablespoons Egg Alternative, Egg Whites			
			1 egg Egg, Chicken, Whole, Scrambled			
			1 tablespoons 4 Mexican Cheese, Shredded			
			1/8 cups Tomato, Raw			
			1/8 cups Onion, Raw			
			1/2 cups Spinach, Baby			
			1/8 cups Green Pepper, Sweet, Raw (bell)			
<b>Meal Totals:</b>		<b>Calories: 295</b>	<b>Carbs: 18g (23%)</b>	<b>Protein: 31g (40%)</b>	<b>Fat: 13g (37%)</b>	<b>Fluid: 12oz</b>
<b>Day 7 Totals:</b>		<b>Calories: 2137</b>	<b>Carbs: 151g (28%)</b>	<b>Protein: 259g (49%)</b>	<b>Fat: 55g (23%)</b>	<b>Fluid: 59oz</b>

## Shopping List

Category	Quantity	Item
Accompaniments	4 tablespoons	I.b. Fit - Soy Sauce, (kikkoman), Less Sodium
	4 tablespoons	Salsa
Beverages	296 fl oz	Water, Drinking Water, Purified
Bread	248 grams	Multi-grain Wrap, La Tortilla Factory
Cereal and Grain Products	1 3/4 cups	Oats, Steel Cut (oatmeal)   Quaker
	4 oz	Baked Sweet Potato
Dairy Products	7/8 cups	4 Mexican Cheese, Shredded, Reduced Fat   Sargento
	6 tablespoons	Organic Sourcream   Organic Valley
	1589 grams	Chobani Greek Plain Yogurt
Desserts	2 1/2 cups	Halo Top Ice Cream
Fats and Oils	1 tablespoons	Earth Balance Butter
	13 tablespoons	Adams All Natural Crunchy Peanut Butter
	100 grams	Avocado (1/2 Medium)
Finfish and Shellfish Products	6 oz	Salmon, Atlantic, Wild, Baked Or Broiled
Fruits	2 1/4 oz	Avocado, Raw
	7 cups	Blueberry, Raw
	97 1/2 grams	1/2 Organic Banana
Ingredients	2 tablespoons	Caesar Dressing
	4 teaspoons	Brown Sugar
Legumes	1/4 cups	Bean, Black, Boiled
Poultry	40 oz	4 Oz. Chicken Breast
Restaurant Menu Items, Sit Down	1 oz	Salsa, Pico De Gallo   El Pollo Loco
Sausages and Lunch Meats	4 slice	Turkey Breast, Oven Roasted   Louis Rich
Spices	2 tablespoons	Sweet Baby Ray's Buffalo Wing Sauce And Glaze
Sport and Diet Nutritionals	7 tablespoons	Athletic Greens
	28 fl oz	100% Egg Whites
	28 scoop	"on" Optimum Nutrition Protein Powder
	1 cups	Green Veggie, Steamed (zucchini, Spinach, Kale, Asparagus)
Vegetables	1 cups	Green Veggies
	2 cups	Lettuce, Cos Or Romaine, Raw
	3 oz	Approved Veggies
	10 oz	Tomato, Raw
	7 leaf	Lettuce, Cos Or Romaine, Raw
	33 serving	Asparagus ( 1 Spear )

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## Shopping List

Category	Quantity	Item
Accompaniments	4 serving	Chicken Gravy Mix
Dairy Products	7 egg	Egg, Chicken, Whole, Scrambled
Spices	1 serving	Garlic Raw Cloves (3)
Vegetables	100 grams	Button Mushrooms (fresh)
Accompaniments	2 tablespoons	Siracha Sauce (paleochef)
Beef	4 pounds	Beef Chuck Roast
Dairy Products	7 tablespoons	4 Mexican Cheese, Shredded   Sargento
	8 tablespoons	Sour Cream - Light - 5%
	63 tablespoons	Egg Alternative, Egg Whites   Egg Beaters
Fats and Oils	1/2 tablespoons	Cottonseed-sesame Oil, Seasoned   House of Tsang
	1 tablespoons	Olive Oil
Finfish and Shellfish Products	1 pounds	Atlantic Salmon
Ingredients	1 tablespoons	Brown Rice Vinegar   Eden Foods
	2 tablespoons	Kosher Salt
Poultry	3 pounds	Breast, Without Skin, Raw (chicken)
Side Dishes	4 cups	Brown Rice (cooked, Long Grain)
Soup	3 cups	Broth, Chicken, 99% Fat Free   Swanson
Spices	1 teaspoons	Cayenne Pepper   Spice Islands
	1 teaspoons	Chili Powder   Tone's
	2 1/4 tablespoons	Black Pepper, Ground   McCormick/Schilling
	3 teaspoons	Garlic Powder   Durkee
Vegetables	7/8 cups	Green Pepper, Sweet, Raw (bell)
	7/8 cups	Onion, Raw
	3 1/2 cups	Spinach, Baby   Dole
	1 2/3 cups	Onions, Chopped
	4 cups	Broccoli (sauteed Or Microwaved)