

## MENU #1

**DRINK A BIG CUP OF WATER WITH LEMON BEFORE EACH MEAL**  
(a gallon per day)



**You can also add:**

- Cucumber
- Ginger
- Menth

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### MEAL #1: BREAKFAST

- Oatmeal
- Berries
- Black coffee or tea (no sugar)



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### MEAL #2: SNACK

- Handful of dried fruit



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### MEAL #3: LUNCH

- 4 oz. turkey patty
- Vegetables of your choice
- Sweet potato (no white potato)



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### MEAL #4: SNACK

- 1 greek yogurt with berries



## MENU #1 (CONTINUED)

### MEAL #5: DINNER

- Bowl of lettuce
- Shrimp
- 1/4 avocado
- Spinach
- Tomato



### MEAL #6: SNACK - OPTIONAL

If you are still hungry before bed time.

- 3 egg whites

