

WEEK Five: (3/15 week)

No more than 3 grams of fat and 15 carbs per day)

First Four Days

Double the water intake... 16 glasses on first day

Breakfast:

Protein drink with 5 strawberries
NO ENZYMES

Lunch:

Salad (includes the 7 items)
Protein
Non-fat dressing (watch carbs)

Dinner:

Add different source of protein here.
So, if you had chicken at lunch have turkey or seafood here.
You can have another 7-item salad, or just the vegetables
Cook them any way you would like except deep-fried and no butter.

Days 5, 6, & 7 (5/0 days)

5 grams of fat and 0 carbs per day

Breakfast:

Protein drink plain
Or Omelet with chicken or turkey

Lunch:

Protein
Leafy Lettuce only (no veggies or dressing of any type)

Snack:

Turkey roll
Leafy lettuce

Dinner:

Protein
Leafy Lettuce only (no veggies or dressing of any type)