

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>Snack (~30m before first meal)</b>	3 strawberries and a protein shake	Protein shake	½ cup of dry oatmeal	4 egg whites	6 strawberries	4 egg whites	½ cup of dry oatmeal with a tbsp of honey	5 egg whites
<b>Meal 1</b>	6 egg whites and ½ cup of dry oatmeal	6 egg whites and a cup of broccoli	6 egg whites and a cup of green beans	Protein shake	5 egg whites and ½ cup of oatmeal with a tbsp of glutamine	6 egg whites and a cup of broccoli and a tbsp of glutamine	5 egg whites and 4 oz yam	Protein shake with 2 tbsp of wheat germ
<b>Meal 2</b>	4 oz of chicken and ½ cup of dry oatmeal with a tbsp of glutamine	6 oz of chicken and a cup of dry oatmeal with a tbsp of glutamine	Protein shake with a tbsp of glutamine	7 egg whites	4 oz of chicken and ½ of dry oatmeal with a tbsp of glutamine	4 oz of chicken and a cup of green beans and a tbsp of glutamine	3 oz of tuna and a cup of green beans	4 egg whites and ½ cup of dry oatmeal
<b>Meal 3</b>	Protein shake and 3 strawberries	3 oz of tuna and a cup of green beans	3 oz of tuna	4 oz of chicken and a cup of green beans	4 oz of turkey tenderloins and a cup of green beans	Protein shake with 2 tbsp of wheat germ	6 oz of turkey tenderloins or orange roughly	3 oz of tuna and a cup of broccoli
<b>Meal 4</b>	3 oz of tuna and a cup of broccoli or green beans	Protein shake	8 egg whites	5 oz of lean hamburger (92-95% lean)	6 oz of chicken and a cup of broccoli	4 oz of tuna	6 egg whites and a 4 oz yam	Protein shake and 1/4 of dry oatmeal
<b>Meal 5</b>	6 egg whites and ½ of a grapefruit	8 egg whites	3 oz of chicken and a cup of broccoli and a tbsp of glutamine	3 oz of tuna	7 egg whites and a cup of green beans and a tbsp of glutamine	6 egg whites and a tbsp of glutamine	4 oz of chicken and 1/4 cup of dry oatmeal with a tbsp of glutamine	6 oz of chicken and a tbsp of glutamine
<b>Meal 6</b>	4 oz of chicken and a 4 oz yam and a tbsp of glutamine	½ cup of dry oatmeal, 3 strawberries protein shake, and a tbsp of glutamine	None	6 oz of white meat of your choice	4 oz of chicken and a 4 oz yam	½ cup of dry oatmeal with a protein shake and a tbsp of glutamine	6 egg whites and a cup of broccoli	6 oz of orange roughly
<b>Snack (~30m after last meal)</b>	None	None	Protein shake	None	Protein shake	6 oz of chicken	Protein shake	5 egg whites

## Notes:

- Eat meals every 2-4 hours (no more or no less)
- Take in a tbsp of flaxseed oil, multi-vitamin, and vitamin C everyday, and also try to drink 2-4 liters of water
- Buy a food scale so you can measure and weigh your food
- Can add skim milk to oatmeal (I usually do half water and half milk)
- I also use Splenda, cinnamon, salt free ketchup, fat free miracle whip, and eat sugar free hard candy, sugar free Jell-O and drink diet hot chocolate or flavored water when I need something sweet
- It helps to prepare some of the food ahead of time so you can just grab what you need, it saves a lot of time
- I get almost all my food at Sam's Club, because I go through a lot of chicken, tuna, oatmeal, eggs, and broccoli in one week, it also saves a lot of time and money