



• **One Week Sample Meal Plans & Food Journal**

	<b>Breakfast</b>	<b>Mid-Morning Snack</b>	<b>Lunch</b>	<b>Afternoon Snack</b>	<b>Evening Meal</b>
Day 1	1-2 Scoops Amplify Protein in a Shake	½ Cup Cottage Cheese 1 Peach	Lettuce Salad – with ham , cheese, tomatoes, cucumbers, peppers, and balsamic vinaigrette	1-2 Amplify Protein in a Shake	1-6/8oz. Grilled Chicken Breast Steamed Broccoli
Day 2	½ c. liquid egg substitute 2 slices Canadian bacon 1 slice whole grain bread	1-2 Scoops Amplify Protein in a Shake	Tomato stuffed with chicken salad Tomato stuffed with chicken salad Fresh melon wedge	Complete Cookie	1-6/8oz. grilled steak Bibb lettuce salad w/ olive oil and balsamic vinegar to taste
Day 3	1-2 Scoops Amplify Protein in a shake	String cheese and an apple	Roast beef wrap Sugar free flavored gelatin	1-2 Scoops Amplify Protein in a shake	Grilled salmon Grilled asparagus Mixed Greens, cucumbers, green peppers, cherry tomatoes Olive oil / balsamic vinegar
Day 4	½ grapefruit, ½ c. oatmeal with 1c. skim milk. Add cinnamon and 1 Tbsp walnuts	1-2 Scoops Amplify Protein in a shake	Open-faced ham and Swiss cheese sandwich on rye Fresh apple	20 peanuts	Stir-fry chicken and vegetables Arugula, spinach, and walnut salad w/ Olive oil and balsamic vinegar
Day 5	1-2 Scoops Amplify Protein in a shake	1Tbsp. Peanut butter w/ sesame bread stick	Turkey-tomato pita (3 oz. sliced turkey, 3 tomato slices, ½ c lettuce, 1 tsp mustard in a whole wheat pita)	Small Granny Smith apple with 1 wedge of light cheese	6-8oz. Baked Chicken ½ c. Couscous Grilled vegetables
Day 6	1 c. fresh strawberries 1 c. high-fiber cereal with ¾ c. nonfat milk	1 hard-boiled egg	Chopped sirloin beef patty with 1 slice tomato and 1 slice onion in ½ whole wheat pita	1-2 Scoops Amplify Protein in a Shake	1-2 Scoops Amplify Protein in a Shake
Day 7	**FREE DAY**				

**Journal Page**

It is important to track your daily food consumption, feelings and progress.

**MEAL PLAN:** Start by planning and journaling what you are going to eat. This will ensure that you are eating smaller, frequent meals. This will help you understand your eating patterns and see how they affect weight loss and maintenance.

**FEELINGS:** Documenting your feeling can help you realize how your emotions and stress affect your eating patterns.

**GOALS:** Set both short-term and long-term goals and show them to someone you trust! This will make you more likely to stick to your plan and achieve results!

**TIP:** Make copies of the blank pages and keep them in a folder. Take before and after pictures to document your progress!

	Plan	Actual	Time
<b>Sunday</b>			
Morning	_____	_____	_____
Lunch	_____	_____	_____
Afternoon	_____	_____	_____
Dinner	_____	_____	_____
Evening	_____	_____	_____
<b>Monday</b>			
Morning	_____	_____	_____
Lunch	_____	_____	_____
Afternoon	_____	_____	_____
Dinner	_____	_____	_____
Evening	_____	_____	_____
<b>Tuesday</b>			
Morning	_____	_____	_____
Lunch	_____	_____	_____
Afternoon	_____	_____	_____
Dinner	_____	_____	_____
Evening	_____	_____	_____
<b>Wednesday</b>			
Morning	_____	_____	_____
Lunch	_____	_____	_____
Afternoon	_____	_____	_____
Dinner	_____	_____	_____
Evening	_____	_____	_____
<b>Thursday</b>			
Morning	_____	_____	_____
Lunch	_____	_____	_____
Afternoon	_____	_____	_____
Dinner	_____	_____	_____
Evening	_____	_____	_____
<b>Friday</b>			
Morning	_____	_____	_____
Lunch	_____	_____	_____
Afternoon	_____	_____	_____
Dinner	_____	_____	_____
Evening	_____	_____	_____
<b>Saturday</b>			
Morning	_____	_____	_____
Lunch	_____	_____	_____
Afternoon	_____	_____	_____
Dinner	_____	_____	_____
Evening	_____	_____	_____

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# Diary of Progress and Feelings

Day 1

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Day 2

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Day 3

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Day 4

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Day 5

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Day 6

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Day 7

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**GOAL DIARY**

Long-term Weight Loss, Nutrition and fitness Goals

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Month 1

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Month 2

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Month 3

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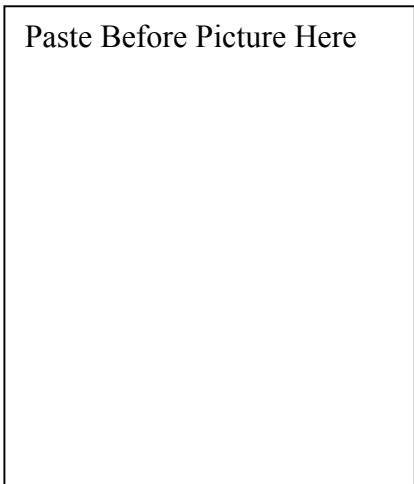
Beyond

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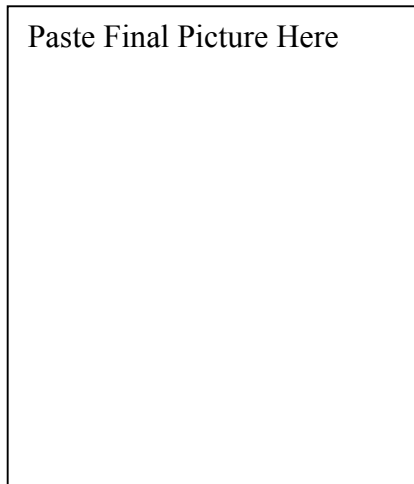
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Paste Before Picture Here



Paste Final Picture Here



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