

Meal Plan

FOR WOMEN

Meal 1

| Option 1 | Option 2 | Option 3 |
|---|---|--|
| Zurvita Protein Shake with Almond, Coconut, Cashew, Oat, Macadamia, Rice, Hemp, Hazelnut, Flax or Skim Milk | 4 Egg White Omelet with Vegetables Or a Vegan Omelette | 1 Cup Dry Oatmeal (cooked with water or milk or non-dairy milk) or other whole grain cereal or vegan cereal (i.e. Wheaties, Total, Shredded Wheat, etc.) |
| Add Yogurt or Fruit | 1/2 Cup Juice (orange, apple, grape, etc.) | 1 Cup Skim Milk or Nondairy Milk |

Meal 2

| Option 1 | Option 2 | Option 3 |
|---|---|--|
| 1 Low-Fat or Non-Dairy Yogurt | 1 Cup Low-Fat or Non-Dairy Cottage Cheese | Zurvita Protein Shake with Water or Non-Dairy Milk |

Meal 3

| Option 1 | Option 2 |
|--|---|
| 4 oz. Lean Protein (chicken or turkey breast, fresh tuna, white fish) or 4 oz vegan seitan or tempeh steak | 1 pack Non-Can Tuna (water packed) |
| 1 Tossed Salad (approximately 2 Cups) | 1 Tbs. Fat-Free or Vegan Mayo, Miracle Whip |
| 1 Tbs. Fat-Free or Vegan Dressing | 2 Cups Raw Vegetables |
| | 1 Tbs. Fat-Free or Vegan Dressing |

Meal 4

| Option 1 | Option 2 | Option 3 | Option 4 |
|--|--|-----------------------|---|
| 1/4 Cup of Nuts (Almonds, Walnuts, Pistachios) | Zurvita Protein Shake with any Non-Dairy Milk or Skim Milk | 2 Cups Raw Vegetables | 1 Cup Low-Fat or Vegan Cottage Cheese |

Meal 5

| Option 1 | Option 2 |
|--|--|
| 4 oz. Lean Protein (chicken or turkey breast, tuna, white fish) or 4oz vegan seitan or tempeh steak. | Zurvita Protein Shake with Almonds, Coconut or any Non-Dairy Milk or Skim Milk |
| 1 Tossed Salad (approximately 2 Cups) or Spinach Salad | |
| 1 Tbs. Dressing | |
| Steamed Vegetables (No corn, potatoes or carrots) | |

Meal 6

| Option 1 | Option 2 | Option 3 | Option 4 |
|--|----------------------|-----------------------------------|----------------------|
| Zurvita Protein Shake with Water | Low-Carb Protein Bar | Natural Sugar-Free or Vegan Jello | 1 Tbs. Peanut Butter |