



**Shaklee 180 Fat Loss Meal Plan (Beginner)**

**Meal One - 349 Calories**

Food	Serving Size	Calories	Notes
Shaklee 180 Vanilla	2 Scoops	170 Calories	
Banana, Large, 8"	1 Piece	121 Calories	Can Substitute For Any Fruit at 121 Calories
Honey, Raw, Unfiltered	1 Tablespoon	60 Calories	Put In Oatmeal

**Meal Two - 419 calories**

Ground Turkey, 99% Fat Free, Cooked	5 Ounces	196 Calories	Season To Taste
Broccoli, Steamed, Chopped	2 Cups	109 Calories	
OR			
Large Salad, Mixed Greens			
Almond Cheese	1 Ounce	50 Calories	Can Lay Over Broccoli
Sweet Potato	4 Ounces	80 Calories	Baked or Microwaved

**Meal Three - 230 calories**

Shaklee 180 Smoothie	2 Scoops	170 Calories	
Spinach, Raw, Baby	2 Cups	14 Calories	Mix Into Smoothie
Strawberries	1 Cup	46 Calories	Any Berries Will Work
OR			
Mixed Berries			

**Snacks - 169 Calories**

Bacon, Uncured, Organic, Fully Cooked	2 Slices	70 Calories	Grilled
Cucumber, Sliced	25 Slices	21 Calories	Plain
Cottage Cheese, No Salt, 4% Milkfat	1 Cup	180 Calories	

**Supplements**

Vitalizer Training Pack	1 Pack	20 Calories	Take With Breakfast
-------------------------	--------	-------------	---------------------

<b>Calories: 1,269</b>	<b>Protein: 134.4</b>	<b>Carb: 129 g</b>	<b>Fat: 27.5 g</b>
------------------------	-----------------------	--------------------	--------------------



**Body Fat Loss Fit Plan (Beginner)**

**Meal One - 406 Calories**

Food	Serving Size	Calories	Notes
Oats, Rolled or Steel Cut	3/4 Cup	225 Calories	
Banana, Large, 8"	1 Piece	121 Calories	Can Substitute For Any Fruit at 121 Calories
Honey, Raw, Unfiltered	1 Tablespoon	60 Calories	Put In Oatmeal

**Meal Two - 453 calories**

Chicken Breast, Grilled, Skinless	5 Ounces	196 Calories	Season To Taste
Raw Spinach	2 Cups	14 Calories	Lay Chicken Over Bed of Greens
OR Large Salad, Mixed Greens			
Olive Oil, Extra Virgin	2 Teaspoons	80 Calories	Can Lay Over Salad
Walnuts, Roasted, Raw	1/4 Cup	154 Calories	Can Lay Over Salad

**Meal Three - 249 calories**

White Fish, Cooked	4 Ounces	196 Calories	Season To Taste
Vegetables, Mixed, Organic	2 Cup	54 Calories	Steamed or Grilled
OR Asparagus			

**Snacks - 169 Calories**

Egg Whites, 100% Natural, Hard Boiled	5 Eggs	100 Calories	
Cottage Cheese, No Salt, 4% Milkfat	1 Cup	180 Calories	

**Supplements**

Vitalizer Training Pack	1 Pack	20 Calories	Take With Breakfast
-------------------------	--------	-------------	---------------------



**Lean Muscle Meal Plan (Experienced)**

**Meal One - 271 Calories**

Food	Serving Size	Calories	Notes
LG Brown Eggs, Cage Free, Whole	2	140 Calories	
Ezekiel Bread, 100% Sprouted Grain, Low Sodium	1 Piece	80 Calories	
Raw Almond Butter Spread	½ Teaspoon	16 Calories	Spread Over Ezekiel Bread
Bacon, Fully Cooked, All Natural	1 Slice	35 Calories	

**Meal Two - 360 calories**

Grass Fed Beef, London Broil, Hormone Free	4 Ounces	140 Calories	Season To Taste
Vegetables, Mixed, Organic	1 Cup	118 Calories	Steamed or Grilled
OR			
Large Salad, Mixed Greens, Light Oil			
Tree Nuts, Cashews, Walnuts, Almonds	8 Pieces	46 Calories	Can Put Almond Butter on Sweet Potato Instead
Sweet Potato	4 Ounces	56 Calories	Season with Ground Cinnamon

**Meal Three - 370 calories**

Grilled Chicken Breast	5 Ounces	196 Calories	Season To Taste
Vegetables, Mixed, Organic	1 Cup	118 Calories	Steamed or Grilled
OR			Can Mix with Quinoa
Large Salad, Mixed Greens. Light Oil			
Quinoa	¼ Cup	56 Calories	No Additives

**Meal Four - 169 Calories**

Egg Whites, 100% Natural	¾ Cup	100 Calories	
Whole Almonds	12 Pieces	69 Calories	Equal to ½ tbsp of Almond Butter

**Supplements**

Iron Mass Protein	1 Scoop	243 Calories	Post Workout
Iron Mass Protein	1 Scoop	243 Calories	As a Snack
Vitamin Training Pack	1 Pack	20 Calories	Take With Breakfast
Optional:			Take Pre-Workout
Iron Pre - Workout	1 Scoop		
Iron Creatine Formula	½ Scoop	5 Calories	

**Calories: 1,656**

**Protein: 159.3**

**Carb: 124.4 g**

**Fat: 53.5 g**



**Super Shred Diet Plan (Experienced)**

**Meal One**

Food	Serving Size	Calories	Notes
LG Brown Eggs, Cage Free, Whole	2	140 Calories	Can Substitute For Shaklee 180 Smoothie
Ezekiel Bread, 100% Sprouted Grain, Low Sodium	1 Piece	80 Calories	
Raw Almond Butter Spread	½ Teaspoon	16 Calories	Spread Over Ezekiel Bread

**Meal Two**

Grass Fed Beef, London Broil, Hormone	4 Ounces	140 Calories	Season To Taste
Vegetables, Mixed, Organic	1 Cup	118 Calories	Steamed or Grilled
OR			
Large Salad, Mixed Greens, Light Oil			
Sweet Potato	4 Ounces	56 Calories	Season with Ground Cinnamon

**Meal Three**

Grilled Chicken Breast	5 Ounces	196 Calories	Season To Taste
Vegetables, Mixed, Organic	1 Cup	118 Calories	Steamed or Grilled
OR			Can Mix with Quinoa
Large Salad, Mixed Greens. Light Oil			

**Meal Four**

Egg Whites, 100% Natural	1 1/2 Cup	200 Calories	
Chopped Peppers/Veg	1/2 Cup	50 Calories	

**Supplements**

Shaklee 180	1 Serving	170 Calories	Post Workout
Vitalizer Training Pack	1 Pack	20 Calories	Take With Breakfast

**Calories: 1, 200**

**Protein: 140 g**

**Carb: 90 g**

**Fat: 25 g**



**Paleo Fit Plan (Extreme)**

**Meal One - 349 Calories**

Food	Serving Size	Calories	Notes
Eggs, Brown, Cage Free, LG	4 Eggs	140	Scrambled
Sweet Potato Hash	4 Ounces	100	or Mashed
Mixed Berries	1 Cup	46	Can Substitute For Any Fruit at Same Serving Size

**Meal Two - 305 calories**

Chicken Breast, Grilled, Free Range	6 Ounces	196	Season To Taste
Broccoli, Steamed, Chopped	2 Cups	109	Can Sub For Any Dark Green Veg

**Meal Three - 375 calories**

London Broil, 100% Grassfed Beef	6 Ounces	210	No Marinade
Red Skin Potatos, Small	1 Cup	151	
Mixed Veggies, Greens Only	2 Cups	14	No Oils

**Snacks - 191 Calories**

Bacon, Uncurred, Organic, Fully Cooked	2 Slices	70	Grilled
Cucumber, Sliced	25 Slices	21	Can Substitute For Any Veg at Same Serving Size
Almonds, Raw, Whole	22 Pieces	126	Can Sub For Almond Butter, Raw, Unsalted
Egg Whites, Brown, Hard Boiled	6 Eggs	102	

**Supplements**

Vitalizer Training Pack	1 Pack	20 Calories	Take With Breakfast
May Take a Protein Supplement That Fits with Paleo for Post-Workout			

**Calories: 1,311**

**Protein: 116.4**

**Carb: 113 g**

**Fat: 41 g**



**Carb Cycle Fit Plan (High Carb Example)**

**Meal One - 406 Calories**

Food	Serving Size	Calories	Notes
Oats, Rolled or Steel Cut	3/4 Cup	225 Calories	
Banana, Large, 8"	1 Piece	121 Calories	Can Substitute For Any Fruit at 121 Calories
Honey, Raw, Unfiltered	1 Tablespoon	60 Calories	Put In Oatmeal

**Meal Two - 453 calories**

Chicken Breast, Grilled, Skinless	5 Ounces	196 Calories	Season To Taste
Raw Spinach	2 Cups	14 Calories	Lay Chicken Over Bed of Greens
OR Large Salad, Mixed Greens			
Olive Oil, Extra Virgin	2 Teaspoons	80 Calories	Can Lay Over Salad
Walnuts, Roasted, Raw	1/4 Cup	154 Calories	Can Lay Over Salad

**Meal Three - 249 calories**

White Fish, Cooked	4 Ounces	196 Calories	Season To Taste
Vegetables, Mixed, Organic	2 Cup	54 Calories	Steamed or Grilled
OR Asparagus			

**Snacks - 169 Calories**

Egg Whites, 100% Natural, Hard Boiled	5 Eggs	100 Calories	
Cottage Cheese, No Salt, 4% Milkfat	1 Cup	180 Calories	

**Instructions On Carb Cycling**

Day 1 : 115 Carbs / Day 2: 65 Carbs / Day 3: 0 Carbs \*Notes - Your calories must not dip below 1,200. On no carb days you will ad pure fats (olive oil) to your greens to get your fats to reach 1,200 calories. Repeat this cycle for 12 weeks with a heavy carb day (250 carbs) one time every two weeks. Reset after your heavy carb day and continue following plan.

<b>Calories: 1,415</b>	<b>Protein: 146.7</b>	<b>Carb: 114.5 g</b>	<b>Fat: 45.9 g</b>
------------------------	-----------------------	----------------------	--------------------