

Burn Fat Sample Menu: Week One

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
Breakfast	Banana Berry Smoothie	Blueberries Wild Smoothie	Peach Twist Smoothie	Berry Berry Smoothie	Orange Blossom	Raspberry Pizzazz Smoothie	Acai Smoothie
Snack	Pear	Banana	Apple	Orange	Mango	Apple	Papaya
Snack	Carrot Sticks	Cucumber Slices	Celery Sticks	Bell Pepper Strips	Broccoli Pieces	Carrot Sticks	Cucumber Slices
Lunch	Spinach Salad	Greek Tomato and Cucumber Salad	Beet Salad	House Salad	Greek Tomato and Cucumber Salad	House Salad	Spinach Salad
Snack	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie
Snack	Bell Pepper Strips	Carrot Sticks	Broccoli Pieces	Cucumber Slices	Celery Sticks	Bell Pepper Strips	Carrots Sticks
Dinner	Veggie Stir Fry	Veggie Soup and Salad	Vegetable Kebabs	Roasted Veggies and Wild Rice	Veggie Stir Fry	Veggie Soup and Salad	Roasted Veggies and Wild Rice

Burn Fat Sample Menu: Week Two

	Day Eight	Day Nine	Day Ten	Day Eleven	Day Twelve	Day Thirteen	Day Fourteen
Breakfast	Banana Berry Smoothie	Blueberries Wild Smoothie	Peach Twist Smoothie	Berry Berry Smoothie	Orange Blossom	Raspberry Pizzazz Smoothie	Acai Smoothie
Snack	Pear	Banana	Apple	Orange	Mango	Apple	Papaya
Snack	Carrot Sticks	Cucumber Slices	Celery Sticks	Bell Pepper Strips	Broccoli Pieces	Carrot Sticks	Cucumber Slices
Lunch	Spinach Salad	Greek Tomato and Cucumber Salad	House Salad with Chicken	Spinach Salad with Salmon	Cobb Salad w/o cheese	Greek Tomato and Cucumber Salad	Spinach Salad with Chicken
Snack	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie
Snack	Bell Pepper Strips	Carrot Sticks	Broccoli Pieces	Cucumber Slices	Celery Sticks	Bell Pepper Strips	Carrots Sticks
Dinner	Veggie Stir Fry	Veggie Soup and Salad	Salmon with Asparagus	Turkey Brest with Roasted Veggies	Chicken and Vegetable Stir Fry	Baked Halibut and Green Beans	Chicken and Vegetable Kabobs

Burn Fat Sample Menu: Week Three

	Day Fifteen	Day Sixteen	Day Seventeen	Day Eighteen	Day Nineteen	Day Twenty	Day Twenty One
Breakfast	Banana Berry Smoothie	Blueberries Wild Smoothie	Peach Twist Smoothie	Berry Berry Smoothie	Orange Blossom	Raspberry Pizzazz Smoothie	Acai Smoothie
Snack	Pear	Banana	Apple	Orange	Mango	Apple	Papaya
Snack	Carrot Sticks	Cucumber Slices	Celery Sticks	Bell Pepper Strips	Broccoli Pieces	Carrot Sticks	Cucumber Slices
Lunch	Spinach Salad Add: ¼ cup of Walnuts	Greek Tomato and Cucumber Salad Add: ¼ cup of Feta Cheese	House Salad with Chicken Add: ¼ cup of Seeds	Spinach Salad with Salmon Add: ¼ cup of Sliced Almonds	Cobb Salad Add: ¼ cup of Blue Cheese	Greek Tomato and Cucumber Salad Add: ¼ cup of Feta Cheese	House Salad with Chicken Add: ¼ cup of Seeds
Snack	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie	Smoothie
Snack	Bell Pepper Strips	Carrot Sticks	Broccoli Pieces	Cucumber Slices	Celery Sticks	Bell Pepper Strips	Carrots Sticks

Dinner

Veggie Stir Fry

Veggie Soup
and Salad

Salmon with
Asparagus

Turkey Brest with
Roasted Veggies

Chicken and
Vegetable Stir Fry

Baked Halibut and
Green Beans

Chicken and
Vegetable Kabobs