

Male Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WAKE	Thermo DynamX 16 oz. water	Thermo DynamX 16 oz. water	Thermo DynamX 16 oz. water	Thermo DynamX 16 oz. water	Thermo DynamX 16 oz. water	Thermo DynamX 16 oz. water	Thermo DynamX 16 oz. water
BREAKFAST	Myoplex Deluxe Betagen by EAS CLA by EAS 16 oz. water	Myoplex Deluxe Betagen by EAS CLA by EAS 16 oz. water	Myoplex Deluxe Betagen by EAS CLA by EAS 16 oz. water	Myoplex Deluxe Betagen by EAS CLA by EAS 16 oz. water	Myoplex Deluxe Betagen by EAS CLA by EAS 16 oz. water	Myoplex Deluxe Betagen by EAS CLA by EAS 16 oz. water	Myoplex Deluxe Betagen by EAS CLA by EAS 16 oz. water
SNACK	Protein w/ 1/2 c. Oatmeal 16 oz. water	2 servings Egg Whites Cereal w/Skim Milk 16 oz. water	Protein w/ 1/2 c. Oatmeal 16 oz. water	2 servings Egg Whites Cereal w/Skim Milk 16 oz. water	Protein w/ 1/2 c. Oatmeal 16 oz. water	2 servings Egg Whites Cereal w/Skim Milk 16 oz. water	2 Wheat Pancakes 1/3 c. Cottage Cheese 16 oz. water
LUNCH	5-6 oz. Chicken Breast Small Potato Celery Sticks Broccoli Thermo DynamX 16 oz. Water	1 Can Tuna 1/2 c. Brown Rice Carrot Sticks Cucumber Slices Thermo DynamX 16 oz. Water	Ban Burrito w/salsa, lowfat chs, tortilla. 1 can beans makes 4-5 burritos Thermo DynamX 16 oz. Water	1 Can Tuna 1/2 c. Brown Rice Carrot Sticks Cucumber Slices Thermo DynamX 16 oz. Water	5-6 oz. Chicken Breast Small Potato Celery Sticks Broccoli Thermo DynamX 16 oz. Water	Ban Burrito w/salsa, lowfat chs Thermo DynamX 16 oz. Water	1 Can Tuna 1/3 c. Brown Rice Carrot Sticks Cucumber Slices Thermo DynamX 16 oz. Water
SNACK	Myoplex Deluxe Betagen by EAS Thermo DynamX 16 oz. Water	Myoplex Deluxe Betagen by EAS Thermo DynamX 16 oz. Water	Myoplex Deluxe Betagen by EAS Thermo DynamX 16 oz. Water	Myoplex Deluxe Betagen by EAS Thermo DynamX 16 oz. Water	Myoplex Deluxe Betagen by EAS Thermo DynamX 16 oz. Water	Myoplex Deluxe Betagen by EAS Thermo DynamX 16 oz. Water	Myoplex Deluxe Betagen by EAS Thermo DynamX 16 oz. Water
SNACK	1/3 c. Cottage Cheese 2 Rice Cakes CLA by EAS 16 oz. Water	1/3 c. Cottage Cheese 2 Rice Cakes CLA by EAS 16 oz. Water	1/3 c. Cottage Cheese 2 Rice Cakes CLA by EAS 16 oz. Water	1/3 c. Cottage Cheese 2 Rice Cakes CLA by EAS 16 oz. Water	1/3 c. Cottage Cheese 2 Rice Cakes CLA by EAS 16 oz. Water	1/3 c. Cottage Cheese 2 Rice Cakes (No CLA - Free Meal) 16 oz. Water	1/3 c. Cottage Cheese 2 Rice Cakes CLA by EAS 16 oz. Water
BETWEEN	16 oz. Water	16 oz. Water	16 oz. Water	16 oz. Water	16 oz. Water	16 oz. Water	16 oz. Water
DINNER	6 oz. Salmon 1/3 c. Brown Rice Salad w/nonfat drsg 16 oz. Water	5-6 oz. Chicken Breast Spagetti w/Sauce most low / no fat varieties, jar fine 16 oz. Water	6 Shrimp 4 oz. Fish (no salmon) 1/3 c. White Rice Salad w/nonfat drsg 16 oz. Water	5-6 oz. Lean Steak Medium Potato Salad w/nonfat drsg 16 oz. Water	5-6 oz. Chicken Breast 1/3 c. Pork-n-Beans 16 oz. Water	"Free Meal"	5-6 oz. Chicken Breast 1/3 c. Brown Rice Salad w/nonfat drsg 16 oz. Water
BEFORE BED	Protein w/water Betagen by EAS	Protein w/water Betagen by EAS	Protein w/water Betagen by EAS	Protein w/water Betagen by EAS	Protein w/water Betagen by EAS	Protein w/water Betagen by EAS	Protein w/water Betagen by EAS

NOTE:

This is the EXACT Meal Plan Gino followed daily for every week of the 12 weeks of our Body-for-Life Challenge. Some items have been discontinued by EAS since we did our challenge in 2000. For example, we used Phen-Free, but EAS now recommends ThermoDynamX. This is the only Meal Plan you will receive from StartTodayFitness. You CAN substitute anything listed with like items as listed on the Eating-for-Life Authorized Food list in Body-for-Life by Bill Phillips. Please realize that any substitutions may compromise your results. Call EAS for customized information. Their Call Center Professionals are super helpful and highly trained. 1-800-297-9776 As with any new approach to eating, check with your doctor before using this meal plan.

More information on all EAS products can be found at:
<http://starttodayfitness.com/eas-supplements/>

More info about Eating for Life and Body for Life can be found at:
<http://starttodayfitness.com/body-for-life-basics-you-need/>