

Body-for-LIFE Meal Plan - Female

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Myoplex Lite Betagen from EAS Thermo DynamX 16 oz Water	Myoplex Lite Betagen from EAS Thermo DynamX 16 oz Water	Myoplex Lite Betagen from EAS Thermo DynamX 16 oz Water	Myoplex Lite Betagen from EAS Thermo DynamX 16 oz Water	Myoplex Lite Betagen from EAS Thermo DynamX 16 oz Water	Myoplex Lite Betagen from EAS Thermo DynamX 16 oz Water	Myoplex Lite Betagen from EAS Thermo DynamX 16 oz Water
BETWEEN MIDMORNING SNACK	16 oz Water 2 Rice Cakes - any low/no fat variety 1/4 c. Cottage Cheese 16 oz Water CLA from EAS	Apple Protein w/skim 16 oz Water CLA from EAS	2 Rice Cakes - any low/no fat variety 1/4 c. Cottage Cheese 16 oz Water CLA from EAS	1/4 c. Raisins Protein w/skim 16 oz Water CLA from EAS	2 Rice Cakes - any low/no fat variety 1/4 c. Cottage Cheese 16 oz Water CLA from EAS	Banana Protein w/skim 16 oz Water CLA from EAS	2 Rice Cakes - any low/no fat variety 1/4 c. Cottage Cheese 16 oz Water CLA from EAS
BETWEEN LUNCH	16 oz Water 4 oz Chicken Breast Small Potato Celery Sticks Broccoli Thermo DynamX 16 oz Water	16 oz Water 1/2 Can Tuna 1/4 c. Brown Rice Carrot Sticks Cucumber Slices Thermo DynamX 16 oz Water	16 oz Water Bean Burrito w/salsa, lowfat chs, tortilla. 1 can beans makes 4-5 burritos Thermo DynamX 16 oz Water	16 oz Water 1/2 Can Tuna 1/4 c. Brown Rice Carrot Sticks Cucumber Slices Thermo DynamX 16 oz Water	16 oz Water 4 oz. Chicken Breast Small Potato Celery Sticks Broccoli Thermo DynamX 16 oz Water	16 oz Water 4 oz. Turkey Sandwich Celery Sticks Broccoli 16 oz Water Thermo DynamX	16 oz Water 8-10 Shrimp 1/4 c. Brown Rice Carrot Sticks Cucumber Slices Thermo DynamX 16 oz Water
BETWEEN AFTERNOON SNACK	16 oz Water Myoplex Lite CLA from EAS Thermo DynamX 16 oz Water Betagen from EAS	16 oz Water Myoplex Lite CLA from EAS Thermo DynamX 16 oz Water Betagen from EAS	16 oz Water Myoplex Lite CLA from EAS Thermo DynamX 16 oz Water Betagen from EAS	16 oz Water Myoplex Lite CLA from EAS Thermo DynamX 16 oz Water Betagen from EAS	16 oz Water Myoplex Lite CLA from EAS Thermo DynamX 16 oz Water Betagen from EAS	16 oz Water Myoplex Lite (no EFA - Free Meal) Thermo DynamX 16 oz Water Betagen from EAS	16 oz Water Myoplex Lite CLA from EAS Thermo DynamX 16 oz Water Betagen from EAS
DINNER	4 oz. Salmon 1/4 c. Brown Rice Salad w/nonfat drsg 16 oz Water	4 oz. Chicken Breast Spagetti w/sauce any low fat variety 16 oz. Water	Shrimp Stir Fry choice of veggies 16 oz. Water	4 oz. Lean Steak Small Potato Salad w/nonfat drsg 16 oz. Water	4 oz. Fish (not salmon) 1/4 c. White Rice Salad w/nonfat drsg 16 oz. Water	"Free Meal"	4 oz. Chicken Breast 1/4 c. Brown Rice Salad w/nonfat drsg 16 oz. Water
BEFORE BED	Protein w/water	Protein w/water	Protein w/water	Protein w/water	Protein w/water	Protein w/water	Protein w/water

NOTE:

This is the EXACT Meal Plan Tami 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/>