

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	P90 Script A	P90 Script A As Script A	P90 Script A	P90 Script A As Script A	P90 Script A	Rest	Saturday Social
Breakfast	Quinoa Breakfast (7) 1 scoop water	Quinoa Breakfast (7) 1 scoop water	Quinoa Breakfast (7) 1 scoop water	Quinoa Breakfast (7) 1 scoop water	Quinoa Breakfast (7) 1 scoop water	Quinoa Breakfast (7) 1 scoop water	Quinoa Breakfast (7) 1 scoop water
	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
	1/2 cup of bacon (8oz)	1/2 cup bacon (7)	1/2 cup bacon (8oz)	1/2 cup bacon (8oz)	1/2 cup bacon (8oz)	1/2 cup bacon (8oz)	1/2 cup bacon (8oz)
Mid-Morning	2 Egg Whites (7) Cilantro Peppers, Spinach (7)	Pumpkin Pie Spice Cinnamon Pepper (7) 2 Egg (7oz)	2 Egg Whites (7) Cilantro Peppers, Spinach (7) 1/2 cup bacon (8oz)	Pumpkin Pie Spice Cinnamon Pepper (7) 1 Egg (7oz)	2 Egg Whites (7) Cilantro Peppers, Spinach (7) 1/2 cup bacon (8oz)	Green Veggie (7) 1/2 cup -café reduced Café (7) As Much as Possible Butter for Omelet 1/2 oz	2 Egg Whites (7) Cilantro Peppers, Spinach (7) 1/2 cup bacon (8oz)
Lunch	Cottage Cheese (7) Apple (7) Cucumber Watermelon (7)	Cottage Cheese (7) Apple (7) Cucumber Watermelon (7)	Turkey Deli (7) (7)	Leftover Macaroni (Chicken) (7) Sliced (Bacon) (7) Candy, Cucumbers, Cucumber, Pepper (7) 1/2 cup of bacon (8oz)	Cottage Cheese (7) Apple (7) Cucumber	Chexmix Breakfast (7) 1 cup water	Cottage Cheese (7) Apple (7) Cucumber Watermelon (7)
Mid-Afternoon Snack	Candy (7) As Much as Possible Butter for Candy	Candy (7) As Much as Possible Butter for Candy	Candy (7) As Much as Possible Butter for Candy	Candy (7) As Much as Possible Butter for Candy	Candy (7) As Much as Possible Butter for Candy	Apple (7) with 1/2 Clementine (7)	Candy (7) As Much as Possible Butter for Candy
Dinner	Mexican Pizza Ground Beef (7) Tomatoes, onions, peppers (7) Cilantro, cheese (7) RIPV	Turkey Deli (7) (7)	Mexican Rice (7) Tomatoes (7) Onions, Peppers Green Beans (7)	Bacon Chicken Rice (Chicken) (7) Pepper (As Hot Chicken) (7) RIPV	Chicken (7) Rice, tomatoes, Candy, Cucumbers, Cucumber, Pepper (7) 1/2 cup of bacon (8oz)	Cheat Meal 1/2 cup 2 Green 1 Orange	Spaghetti Carbonara (7) Tomatoes and Green Beans (7)

No Evening Snack - Green/Herbal Tea if needed

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Clarissa Young

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