

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P90 & 21 Day Fix Meal Plan - Week 3 10/13/14-10/19/14 www.lisamdecker.com							
	P90 Scout's A	P90 Sweet & A As Ripper A	P90 Scout's A	P90 Sweet & A As Ripper A	P90 Scout's A	Fast	Saturday Special
Breakfast	Chocolate Shakeology (1) 1 cup water <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice Splash of Stevia Mint</i>	Chocolate Shakeology (1) 1 cup water <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i>	Chocolate Shakeology (1) 1 cup water <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice Splash of Stevia Mint</i>	Chocolate Shakeology (1) 1 cup water <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i>	Chocolate Shakeology (1) 1 cup water <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice Splash of Stevia Mint</i>	Chocolate Shakeology (1) 1 cup water <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i>	Chocolate Shakeology (1) 1 cup water <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice Splash of Stevia Mint</i>
Mid-Morning	2 Egg Whites (1) Onion Peppers, Spinach (1)	<i>Chocolate Shakeology (1) 1 cup water 1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i> Pumpkin Pie Spice Cinnamon Peas (1) 1 Egg (P90)	2 Egg Whites (1) Onion Peppers, Spinach (1) <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i>	<i>Chocolate Shakeology (1) 1 cup water 1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i> Pumpkin Pie Spice Cinnamon Peas (1) 1 Egg (P90)	2 Egg Whites (1) Onion Peppers, Spinach (1) <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i>	Green Tea (1) 1/2 tsp. Vanilla Extract Celery (1) All Natural Peanut Butter for Celery (1 tsp)	2 Egg Whites (1) Onion Peppers, Spinach (1) <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i>
Lunch	Cottage Cheese (1) Apple (1) Cinnamon <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i>	Cottage Cheese (1) Apple (1) Cinnamon <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i>	Turkey Chili (1) (1)	Leftover Bruschetta Chicken (1) Sauté (Pomato) Celery, Carrots, Cucumbers, Pepper (1) <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i>	Cottage Cheese (1) Apple (1) Cinnamon	Chocolate Shakeology (1) 1 cup water <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i> Splash of Stevia Mint (1 tsp)	Cottage Cheese (1) Apple (1) Cinnamon <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i>
Mid-Afternoon Snack	Celery (1) All Natural Peanut Butter for Celery	Celery (1) All Natural Peanut Butter for Celery	Celery (1) All Natural Peanut Butter for Celery	Celery (1) All Natural Peanut Butter for Celery	Celery (1) All Natural Peanut Butter for Celery	Apple (1) with 12 stems (1)	Celery (1) All Natural Peanut Butter for Celery
Dinner	Mexican Pita Ground Beef (1) Tomatoes, onion, jalapeño (1) Cheddar Cheese (1) sauce	Turkey Chili (1) (1)	Bruschetta Chicken (1) Tomatoes (1/2) 1/2 tsp. Stevia Green Beans (1)	Buffalo Chicken Pops Chicken (1) <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i> Pasta Red Hot Cheese (1) NEW!	Chicken (1) Sauté (Pomato) Celery, Carrots, Cucumbers, Pepper (1) <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i>	Chick Meal 1 Ball 3 Green 1 Orange	Sauté and Chicken Chicken (1) <i>1/2 tsp. Stevia 1/2 tsp. Vanilla 1/2 tsp. Ice 1/2 tsp. Lemon (1)</i> Celery and Green Beans (1)

No Evening Snack. Green/Herbal Tea if needed

Weight Loss Plan Reddit Last 90 Days

Anita Jones



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