

inspired**fitness**



Daily Meal Guide

# Guide



Starch: 1/4 cup  
EX: PASTA, CEREAL, OATMEAL,  
BROWN RICE, SWEET POTATO



Fat: 1 tablespoon  
EX: OILS, PEANUT BUTTER, WALNUTS,  
ALMOND BUTTER, PUJMPKIN SEEDS



Protein: 3-6 ounces  
EX: TURKEY, GREEK YOGURT, EGG  
WHITES, GRILLED CHICKEN



Treats: moderate portions  
EX: FREE MEAL, 1 GLASS OF WINE OR BEER



Vegetables: 1 cup  
EX: SPINACH, RED PEPPERS, MIXED  
VEGGIES, BROCCOLI



Extra Add-Ons: sparingly  
EX: LOW-SUGAR MAPLE SYRUP, SKIM MILK,  
VANILLA,



Fruit: 1/4 cup  
EX: GRAPEFRUIT, BLUEBERRIES,  
RASPBERRIES, CHERRIES, MANGO



Isagenix Shake: full meal  
EX: ISALEAN SHAKE

\*If there is a meal item that you do not like or cannot eat, replace it with another item from the same category.

# Day 1

## MealOne

 Greek Yogurt

 Whole Grain Cereal

 Blueberries

## MealTwo

 Isagenix Shake

 Coconut Oil

## MealThree

 Ground Turkey

 Brown Rice

 Broccoli

## MealFour

 Isagenix Shake

## MealFive

 Baked Cod

 Brussel Sprouts

## MealSix

 Baked Chicken Strips

 Sauteed Mushrooms

 Walnut Oil

Notes:

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# Day 2

## MealOne

 Scrambled Egg Whites

 Diced Onions & Peppers

 Ezekial Toast

 Grapefruit

## MealFour

 Isagenix Shake

## MealTwo


 Isagenix Shake

## MealFive

 Baked Scallops

 Broccoli and Cauliflower

## MealThree

 Tuna Salad

 Whole Wheat Pita

 Avocado

## MealSix

 Flank Steak

 Spinach Salad

 Vinaigrette

Notes: \_\_\_\_\_

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# Day 3

## MealOne

 Low Fat Cottage Cheese

 Raisins

 Almonds

 Oatmeal

## MealFour

 Isagenix Shake

## MealTwo

 Isagenix Shake

## MealFive

 Turkey Burger

 Cucumber & Tomato Salad

## MealThree

 Grilled Chicken

 Whole Wheat Bun

 Raw Veggies

## MealSix

 Greek Yogurt

 Splash of Vanilla

 Crushed Walnuts

Notes:

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# Day 4

## MealOne

 Isagenix Shake

 Blueberries

## MealTwo

 Oatmeal

 Almond Butter

## MealThree

 Grilled Burger

 Sweet Potato


 Cucumbers

## MealFour

 Turkey Meatballs

 Peppers & Onions

## MealFive

 Tuna Steak

 Sautéed Spinach

## MealSix

 Isagenix Shake

 Coconut Oil

Notes: \_\_\_\_\_

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# Day 5

## MealOne

 Greek Yogurt

 Craisins

 Whole Grain Cereal

## MealTwo

 Isagenix Shake

## MealThree

 Baked Chicken

 Sweet Potato

 Salad with Tomato

## MealFour

 Isagenix Shake

 Coconut Oil

## MealFive

 Lean Ground Beef

 Sautéed Mushrooms & Onions

## MealSix

 Grilled Shrimp

 Asparagus

 Walnut Oil

Notes:

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# Day 6

## MealOne

 Egg Whites

 Diced Mushrooms

 Whole Wheat Wrap

 Strawberries

## MealFour

 Isagenix Shake

## MealTwo

 Isagenix Shake

 Coconut Oil

## MealThree

 Tuna

 Brown Rice


 Broccoli

## MealFive

 Baked Salmon

 Steamed Mixed Veggies

## MealSix

 Lean Steak

 Kale Salad

 Vinaigrette

Notes: \_\_\_\_\_



# Day 7

## MealOne

 Isagenix Shake

 Peaches

## MealTwo

 Egg Whites

 Oatmeal

 Flax Oil

## MealThree

 Turkey Burger

 Lettuce Wrap & Tomato

## MealFour

 Grilled Shrimp

 Quinoa

 Sautéed Kale

## MealFive

 **FREE MEAL**  
with 1 Glass of Wine/Alcohol

## MealSix

 Isagenix Shake

Notes:

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